

HALL'S JOURNAL OF HEALTH.

FOR 1860.

"HEALTH IS A DUTY."—ANON.

"MEN CONSUME TOO MUCH FOOD AND TOO LITTLE PURE AIR;
THEY TAKE TOO MUCH MEDICINE AND TOO LITTLE EXERCISE."—*Ed.*

"I labor for the good time coming, when sickness and disease, except congenital, or from accident, will be regarded as the result of ignorance or animalism, and will degrade the individual in the estimation of the good, as much as drunkenness now does."—*IBID.*

EDITED BY
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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

JANUARY, 1860.

[No. 1.

WAYS TO DRUNKENNESS.

A BEAUTIFUL Knickerbocker custom is it for a gentleman on New Year's day to call on his lady acquaintances as a token of respectful remembrance, intimating thereby that he desires this acquaintance to be continued, and he judges from the manner of his reception whether such a continuance would be agreeable or not. Some ladies vouchsafe the pleasurable certainty by returning the call, the next day, to those whom they specially desire to remain their recognized friends.

With this commendable custom has grown up a usage of questionable expediency, that of having a table spread with various delicacies—wines, cordials, and brandies being considered by some as indispensables. The result being, that in the joyousness of the interview, not lasting, generally, over two or three minutes, a sip is taken of this, that, and the other, and being repeated at every dwelling, gentlemen, ere they are aware of it, find themselves unmistakably drunk, and the Rubicon once crossed, the ice once broken, the *morale* once lost, life ends in the gutter.

Seeing these objections, some thoughtful persons have for years removed the wine-cup, and replaced it with coffee, lemonade, or pure cold water, the eatables remaining the same. Let every mother, who has a son who might be misled, be equally considerate; and if she have not a son herself, let her remember that some other sister woman has a son to be lost or saved, and act accordingly.

Aside from this objection, the custom is a beautiful one,
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beautiful morally, beautiful socially, especially in large cities, where the press of duties and the rush of business insensibly defer intended calls on prized friends until weeks and months have passed away, when the shame of the delinquency comes in, excuses are framed, and finally it is concluded the interval has been so long that the acquaintance may as well be dropped, and the parties meet indifferently ever after. But when a day in a year is fixed by common consent for "adjusting these arrearages," for making out a list of pleasant faces whose remembrance it is not wished should pass away, the very work of casting about for the names of the prized has a sweetness about it which of itself is worth much.

But when a lady lays her head on her pillow on New Year's night, the gladness of the day is very liable to be followed with recollections which are painfully sad. Some faces she expected to see did not present themselves; a year before, how merry they were, how joyous was the greeting! But one has removed to a distant part of the country; to another, reverses have come, pecuniary or social; a third has gone upon the returnless journey, while here and there one is found who has chosen to drop the acquaintance without any assignable reason.

Then there are maiden ladies, who, some years ago, numbered their callers by dozens and scores, and even hundreds; but for a few years past they have fallen off in geometrical progression, and now the diminution is really frightful. Formerly, when youth and beauty were theirs, the door-bell began to tingle as soon as the clock struck nine of the morning, with scarcely an intermission until it verged toward midnight. But now how great the change! Merry voices are heard outside, but they do not greet their ears; brisk footfalls sound on the pavement, but they do not stop at their doors, and a weary forenoon has almost passed away with only one or two visitors to break the disturbing monotony, and former visions begin to assume more tangible shapes, and the embodied idea stands out in high relief—*Passée!*

But yonder comes a poor unfortunate bachelor; his hat is faultlessly sleek, as faultlessly shine his boots. Christadora has supplied him with one of his most natural wigs, and to the whiskers Phalon has imparted the deepest, glossiest black. Allen has given him teeth, whose perfection of finish vies with

dame Nature herself; in fact, at a short distance the man is without a fault; but, on a nearer view, it is seen that youth has fled from the face; the eye is no more joyous; the nimble step, the supple joint, the rollicking air, all are gone, and as for the poor heart, why, there is nothing in it! it is as hollow as his head; for in the heyday of youth, when he had his pick and choice of an hundred, he was soft enough to imagine that he was entitled to a piece of perfection; and while he was looking around for it, this one, whom he thought almost so, was caught up by a wiser man; then the second best, and the third best, and so on, until the remnant were so common, in his judgment, that he went off on other explorations, where the same fatality followed him, and now he has come back to the old stamping-ground, confident that he will receive the greetings as of yore. But he has got old in the mean time, changes have come, new names are on the doors, and if now and then the name is the same, the once merry occupant has mated with another, and anon his face becomes a mile long; the corners of his lips are turned downward; in his meditations he has forgotten the day and the occasion; he walks along, a veritable "abstraction," and, when too late, soliloquizes in reality:

" I feel like one who treads alone
Some banquet-hall deserted;
Whose lights are fled, whose garlands dead,
And all but me departed."

Let it be then the wisdom of the reader, whether man or woman, if as yet unmated, to resolve that the first day of January, eighteen hundred and sixty, shall be the last New Year's which shall find them out of the bonds of steady pining wedlock; for out of it there is no pure joyment, while in it there is bliss or—otherwise! according. But, in instances of the case and the wisdom of the path that is calculated to wilt and wither the finer feeling, in the aggregate, a married life there is for the most highest and most refining world of enjoyment in cherishing the best to wed. qualities of the human heart, it is

W A R M I N G H O U S E S .

THE subject of keeping family dwellings healthfully and agreeably heated in winter-time is of great practical importance to every reader, and has long engaged the earnest and protracted study of the most inventive minds in the country. How to have a comfortable heat with the least waste of fuel, is a question which involves the health and lives of thousands, and millions of money every year.

There is no heat more soothing, more cheerful, more delightful, than that of a wood-fire in an old-fashioned fire-place, broad, deep, high and capacious. Most minds run back lovingly to the times when the then unappreciated wood-fire was the rule—the stove, the grate, the exception. But wood-fires in capacious fire-places are now a pecuniary impossibility to the masses in cities, and more and more so every day, even in the country. Various patterns of stoves have been devised as a means of saving wood, but unless wisely managed, and with constant attention, it is difficult to regulate the heat, and besides, there is a “closeness” which is disagreeable to all, and to some unendurable. But even a wood-fire in a stove is an expensive luxury, costing twenty-five dollars in New-York for a single good-sized room for the winter, while that amount expended in coal would answer all the domestic purposes of many families. A common grate for anthracite coal sends full two thirds of its heat up the chimney to warm all out-doors, thus thirty dollars’ worth of coal yields but ten dollars’ worth of warmth; this is a calculation of scientific men. To remedy this waste, and to save the trouble of kindling and keeping up half a dozen different fires in the same household, stoves have been devised, intended to be large enough for a whole house; these are placed in the cellar where one kindling does for all, and for a week or month together, with a happy deliverance from the dust and ashes and trouble attending a multitude of separate fires. These immense stoves for the cellar are called furnaces, the heat from which is conducted to any desired part of the building, though tin tubes which are built into the wall, while the house is in course of erection. These furnaces with their

pipes and registers, are in important respects highly objectionable.

In the first place, either owing to the parsimony of landlords, or to the ignorance of contractors and builders and architects, they are constantly burning down houses, public and private, as well in Philadelphia as in New-York.

A second objection is, that a great deal of heat is conveyed to the upper parts of the building, and to rooms where heat is not wanted, when it is indispensably needed on the first and second stories.

Thirdly, no furnace yet known, keeps a good-sized house comfortably warm in the severest weather, unless by such a ruinous consumption of fuel, or danger of conflagration, that persons prefer calling in the aid of the grate, when the thermometer hugs zero, or comes within a dozen degrees of it, so that every furnace yet devised is an acknowledged failure.

A fourth objection to furnace heat, is perfectly fatal to its wise adoption. The air which comes in contact with the furnace, is burnt, it is in part decomposed, and is no longer fit for purposes of healthful respiration. Whenever air comes in contact with a nearly or quite a red-hot metallic surface, it is no longer fit to enter the lungs of any thing that breathes, and is instantly detected by the feeling which is expressed by the term "closeness." The air has in it such a small amount of living sustenance, that an ordinary quantity taken through the nostrils is not enough, and the person instinctively opens the mouth, literally gasps for more, as a fish for water when thrown out of its native element.

Almost every furnace inventor will tire you with reasons why his furnace does not burn the air, but any man's nose gives the flat contradiction. Besides, all these cellar furnaces are perfect maelstroms of fuel; they lick it up as the flame licks up water.

Another plan has been devised, and is in successful operation in the Breevort House on Fifth avenue, and in prisons and insane asylums. Hot water is conveyed in pipes from the cellar to every part of the house; this certainly gives an equable and balmy warmth, and is second only to a wood-fire in the old time fire-place. But it is too expensive for general adoption; besides, the pipes may commence leaking at any one of their

hundreds of joinings, and the building drenched with hot water at any hour of the day or night.

Under all the circumstances of the case we think the fire which warms our office at this present writing, when the whole air is filled with driving snow, and Farenheit is below the freezing-point, is, next to the old-fashioned wood-fire of forty years ago, the very best ever devised, as we think any intelligent observer will see in a moment, if he chooses to call. It is simply common anthracite coal burning flat on the hearth, in a fire-place nearly a yard across, with oval back and flaring jams, which necessarily throw the heat out into the room. As evidence, the thermometer five feet from the floor and twelve feet from the fire, on the wall opposite, is at this moment above seventy degrees, and has been in that neighborhood since the early morning; the fire having been made at daylight and never touched since, except to lay on a few pieces of coal about two o'clock, and no more will be needed for the remainder of the day and evening; in other words, without more coal, our office will be comfortable until near midnight, so we are informed, for we trot off to bed at nine, and can not speak from personal knowledge.

But what is the quality of this heat? According to our best judgment and remembrance, it is as balmy as that of the universal favorite, a wood-fire. But how can that be, when coal has no oxygen, and without oxygen it can not burn at all, and must get it from the air of the apartment where the fire is, producing the "closeness" which belongs to all furnace heat? It happen in this wise, all the premises are true, except one. The oxygen is not supplied from the air of the room, but from the cellar; hence the air of the apartment is simply pure air warmed.

Another advantage is, this fire is kindled without the troublesome and unsightly "blower," and the ashes are taken up but once a year, for they fall through crevices in the hearth into a close brick receptacle in the cellar without any possibility of contact with any combustible material; hence the flying dust of ashes inseparable from the cleaning of a grate is avoided. The deposit on the mantle from a whole day's burning is scarcely observable, for a poker is never needed. After all, the prime consideration with many, is the cost of the fuel, in comparison

with other modes of heating apartments. Without troubling the reader with statistical tables, a few figures will be given in connection with this low-down grate.

We have weighed and used to-day, and on several similar days, very near fifty pounds of coal, the thermometer without having been steadily below the freezing-point, while it has stood about seventy in our office in the position before described. Hence fifty pounds of coal will keep a room two hundred and forty square feet rather too warm for comfort and health when it is freezing out of doors, and at a cost of five dollars a ton, (placed in bins in the cellar,) two thousand pounds being a New-York retail ton, or twenty-five bushels of eighty pounds each, one pound of coal costs a quarter of a cent, or twelve and a half cents for fifty pounds, or eighty-seven and a half cents a week, three dollars and three quarters a month, or twenty-two dollars and a half for the season of six months, supposing that each day was freezing cold without, but there are not thirty such days during any winter, and from observation we think that thirty pounds a day would be an ample average, or seven and a half cents a day, fifty cents a week, or thirteen dollars for the winter.

For a family apartment, in ordinary cases, the thermometer should not be higher than sixty-five, twelve feet from the fire; more than that debilitates, and less is too cool for children and persons at rest.

We must say in addition, in praise of the "low-down" grate, that when the thermometer is at twenty, its broad bed of flaming coals, two and a half feet across, with the soft and soothing atmosphere of the apartment, is cheery to the sight and to the sensations most delicious, and as such a grate costs from thirty to fifty dollars, when there are no extra attachments, we heartily commend it to public attention.

The judgment of the observant is rapidly settling down in the conviction that furnace-heated houses are rapidly undermining the constitutions of whole families, and thus render them the easy prey to every acute disease. Such being the case, it is literally a matter of vital importance to discover a remedy or a substitute, to discover some method of heating a family apartment in such a manner as will combine regularity of tempera-

ture, sufficiency of heat and adequate ventilation, with an economy of fuel adapted to the means of the masses. It is believed that any one who will call at the Editor's office will be convinced that the low-down grate is one of the greatest improvements yet introduced for the healthful warming of family apartments. It is, without exaggeration, really difficult to point out a single defect, or offer a single well-grounded objection to this invention, so new to New-York, yet known to a neighboring city for seven years.

RIDING IN THE CARS.

ONE of the most important promotives of health is the getting along smoothly in the world, and one of the ways of doing this, is to be habitually courteous and accommodating, and to "give a little." Don't stand up for all your rights. Do not exact the last cent due you in your dealings, under the deceptive plea, that you owe it to yourself to be just, and to the one dealing with you, to let him see that you will not countenance imposition. In our experience through life, we have found that generous men have about as good an idea of what is justice as any other class of people; for they are just enough to make allowances for the mistakes, forgetfulness, prejudices, misapprehensions and ignorance of their fellow-men. Hence if his grocer makes a mistake of a dollar or two in his own favor, he does not go off in a huff, and let him severely alone for the remainder of his life. If a poor man makes a purchase of him, and lacks a few cents, he does not refuse to let him have the article on the plea that it is wrong to give any one the opportunity of defrauding. If a neighbor in straitened circumstances borrows a dollar, to be returned certainly on a fixed day and hour, and fails, he does not resolve that he will not notice him the next time he meets him, and that he will never help him again the longest day he lives.

Ah! there are very many of the opposite of this, such precise people! we hate their characters. They are a living lie to themselves, and a disgrace to humanity. The gene-

rous man, instead of going away in a rage, turns an eye of pity and consideration on the delinquent. He has the magnanimity to suggest a sufficient reason for the short coming. The grocer may have made a mistake in casting up his accounts at the close of a weary day's labor, (and it was just as likely to be against himself,) as who may not in making any addition? The poor man whose heart is oppressed with the care of a helpless family, may have forgotten the trifling difference of a few cents, in the more important question, where shall I get work to day to keep me and mine from starving? The borrowing neighbor may be on a sick-bed and alone, or he may have confidently relied on the promise of a rich man to pay his "little bill," without fail, and that was the last of it.

But surely we have gone a wool gathering! we have run off the track most decidedly, for we intended to commend to public notice as a sensible man and a benevolent, Mr. W. Weybridge of Medford, who, on the fifth day of October, eighteen hundred and fifty-nine, wrote an article which is quite as good as the one we published ourselves last summer, and which ran the round of the press in little or no time. We copy the article, premising that whoever follows the advice which "Mr. Brown" had wit enough to see was worthy of being printed, will be liberally paid for his consideration.

MR. BROWN: I will tell travellers how to ride in cars. Open your eyes. Find out where you are going. Be five minutes in front of time. Semper paratus. Get into an ample linen overcoat with pockets. Take sufficient money for your journey, then double it; take no trunk if you can help it; take "refreshments," quantum sufficit, from your wife's clean store-room; take her advice and take a kiss to season it; but do not keep the cars waiting. Buy your ticket at the office. Look out for your pocket-book and check your baggage. Give a kind word to your conductor; take your seat before the cars have got in motion. Let your position be as near the centre of the car as possible, for wheels are dangerous and noisy. Enter into easy conversation with your seat-companion. Draw him out; the dullest will have something to instruct or entertain you if you skillfully address him. If a lady, let her lead the way, or sit in silence. Do not read, but talk, or *think*. Be attentive to the

aged ; to the ladies. Have a "bon bon" for the child that cries behind you ; and keep to your good rule of taking every thing with cheerful temper through the day. Eat not your "lunch" alone. The half is better than the whole. Wear still a smiling face ; for this is "evangelical" and better than a sermon. "Keep your eyes open." Men are books that *are* books ; here you have a chance to read them. There'll be plenty of sleeping in the grave. Be alive while you are alive ; make others so. Avoid a window slightly raised, a door ajar ; a "cold" comes in that way, and then a "cough," and then a "coffin." Let the cars *stop*, stone still, before you leave them. A leg is heavier than ten seconds of time ; but life goes but too often, with the leg. Eye your baggage ; help that lady also. Pay your hackman in advance, but walk if possible ; you need the exercise. Transact your business promptly, honorably, judiciously. Behave as well in the stranger city as at home. Keep away from haunts of mischief. Read Proverbs 7th chapter, commencing at the 4th verse. Go read it now lest you forget it. Do not sacrifice water for wine. Pick up information, by scraps if you must, but be sure and get it. Hasten home as soon as possible ; your wife is at the window. "Keep your eyes open," I repeat again ; be a true gentleman in *every* place, and you will enter your dwelling wiser than you went out of it, and will not trouble the ears of the one "you left behind you" with "doleful groans" about the miseries of travelling, the ill manners of men, nor will you be likely ever to bring an action against a railroad company, or it one against you.

W. WEYBRIDGE.

WEAK EYES.

MANY who are troubled with weak eyes, by avoiding the use of them in reading, sewing, and the like, until after breakfast, will be able to use them with greater comfort for the remainder of the day, the reason being, that in the digestion of the food the blood is called in from all parts of the system, to a certain extent, to aid the stomach in that important process ; besides, the food eaten gives general strength, imparts a stimulus to the whole man, and the eyes partake of their share.

SCHOOLING CHILDREN.

THE outrages and stupidities practised in modern education are not amazing, for a sensible man is prepared for any thing, and has no amazement; but they are mischievous in the extreme. Who expects a young girl to know any thing as it should be known? If there is such an individual, he ought to be sent to Barnum's Museum, and the price of admission advanced fifty per cent!

There are good schools here and there, but three out of four are the merest shams, are perfect impositions. Too much is attempted, hence much is passed over, but there is thoroughness in nothing. The young ladies know nothing well. We knew a graduate of one of the oldest schools in this city, make a mistake against herself of fifty per cent, in a bill against us for the private tuition of two of our children.

We believe the public schools in New-York, especially as to girls, are making an admirable change in this regard; we know more particularly of the Twentieth Street School, under the presidency of Miss Purdy, and of the Twelfth Street, of which Miss Greer is the principal. These ladies are remarkable for their energy, system, tact, and sound judgment, and merit well of the public. We trust they will long occupy their places and put the community under still higher obligation to them, for their fidelity to their trusts. Of the sub-teachers, the names which we have heard mentioned by different persons, with most praise for their assiduity, their conscientiousness and their unwearying patience towards the children under their care, are those of Misses Moran, Turnbull, Corneille, Thompson and Carpenter, connected, we believe with the schools named.

In all our public schools there is considerable need for amendment in several directions. We have before insisted on the wisdom and humanity of reducing school hours, to all under twelve years of age, to four a day; two in the forenoon and two in the afternoon; and that nothing whatever should be given to the children to learn, out of school hours. But this is so far ahead of this driving age, that we fear we shall be as gray as a rat and as blind as a beetle, before such desirable changes come.

There are several things which could be easily remedied, and doubtless would be, if they were properly brought before the teachers, superintendents, and trustees. The best way to do this would be to appoint us with a liberal salary, to make the circuit of the city schools once a month, the year round, and beat some common-sense into the craniums of those who need the commodity. It is of some importance to parents to have healthy children. Nothing can afford any solid satisfaction when a dear child is sick; for then, there is a cloud hung all over the world, and the brightest sun is veiled in black. Those who know most are the most alarmed at the slightest ailment of a child, for no one can conjecture what any sickness will end in. On the other hand, when every child is well, how the countenance brightens up; how the heart rises in its gratitude and its gladness, and how the whole world is changed!

To have a child go out to school in the morning in joyous health, and to come home with a broken limb, a gashed face, a lost tooth or an endangered eye; or to be waked up in the night by the ominous sound of the dreaded croup, or a putrid sore throat, or the more insidious scarlet fever! Any one of these things, by their suddenness, is well calculated to send terror into a parent's heart. All of them may be said to be of daily occurrence, and yet all of them are more or less avoidable.

A month or more ago, we heard a little girl of ten, complaining in the street of her hard lesson. On inquiry, we found that between four o'clock of a winter's day and the hour of school next morning, her teacher had required her to get the meaning of all the words, which she thought she did not know—in a hundred pages, twelvevemo; and besides this, there were two other lessons. One might well suppose that such a teacher had been lately imported from a lunatic asylum.

One of the down-town schools on the late Thanksgiving occasion, when it was desired to dismiss school from Wednesday night to Monday morning, the teacher gave out lessons for three ordinary days, on the ground that the children had a long holiday. We did not inquire, nor do we know the teacher's name, but no doubt it will become famous one of these days.

Within three months a public examination took place in one of the schools, a class at a time. When one was under examination, requiring three quarters of an hour, another, numbering

perhaps fifty, from eight years to thirteen, were told that they must steadily look at a certain spot on the wall during the examination, and that whoever turned the head, or was restless, should be "kept in" after the school was dismissed at three o'clock, for every afternoon during the remainder of the week; one little girl is reported to have grown sick, and perhaps fainted away, under the ordeal. We do not know that this is literally true, not having seen it; but such is the report of "visitors," on the occasion referred to. If the report is pretty nearly correct, the teacher who gave the order merits the severest reproof.

Partially informed persons have an over-dread of foul air. We know a teacher, who, during winter, has a company of several little girls in a room, but fearing the effects of breathing the air over and over again, where the heat comes from a register, she keeps the sash down several inches near the ceiling, for purposes of ventilation; but the air rushes in with great power on a winter's day, and drives directly upon the heads of the children in a steady cold stream, and they sitting still, must experience disastrous results, such as cold in the head, sore throat, fevers and croups. A wiser plan would be to allow the children to promenade the hall for ten minutes every hour, and during that time open the window to its utmost and the door also, thus causing a most thorough ventilation. No person can sit still in a warm room in winter in a draft of air for five minutes without injury; but for children to be thus exposed by the hour is monstrous. As the feelings are very deceptive, there should be a thermometer in every school-room, at about five feet from the floor, and at the coldest part of the room, where it should never be allowed to fall below sixty, nor to rise higher than sixty-five.

With a view to obviate the hurtful effects of confinement, some of the public schools give a few minutes every hour, for the children to recreate. Usually, they are sent down into the yard, and it is forbidden for any child to stand still. This is a most judicious arrangement in the main. But if the thermometer is at thirty, it is freezing cold out of doors, and even if twenty degrees higher, if there is a raw wind blowing, which makes it equivalent to thirty, the change from the school-room is not less than near forty degrees, and nothing short of very

active running or play can avert bad colds, croup, pneumonia or pleurisy. It would be far better, because entirely safe, to make the children exercise in the hall of the building, when the thermometer was under thirty-five, especially if a cold wind was blowing.

It ought to be remembered by all, that it is far safer and much less disastrous to breathe any ordinary bad air, if warm, than to be in the purest air on the globe, if it is cold enough to cause a general chilliness, or a partial feeling of cold for a very short time, such as on the back, or neck, or throat, or any other susceptible part. Children should not be allowed to sit for five minutes with their backs to a register, or stove, or fire; nor to stand over registers for a moment, nor to sit near one for any length of time; and in cold weather they should be made to bundle up before leaving the school-room, and be counselled to run home and not delay a single moment on the way.

TOO LATE.

OUR sympathies were excited lately in receiving the following note from the only son of a mother, and she a widow who was looking up to him as the support and comfort of her old age: "Your opinion of my case only confirmed my own dread suspicions—suspicions I entertained before I wrote to you. I have very little hope left of ever being well again; but for the sake of my mother, who has grown poor, thin, and pale, as I have grown poor, thin, and pale for her sake, would I make one effort to save myself. I feel as though I should be able, were my life spared, to render her comfortable and happy for many years yet. She will be alone, indeed, when I am gone."

This noble-hearted son lost his health not from any necessity, but from want of a little knowledge as to the means of taking care of the health, such knowledge as one year's reading of this journal would have clearly and abundantly given; hence our wish, irrespective of any personal advantage, and our conviction, too, that where there is one reader, there ought to be a million.

LIVING ON EXCITEMENT.

HE lives the longest who eats plain, substantial food, and drinks pure water, other things being equal. But many prefer highly-seasoned and mixed dishes and stimulating drinks. All such persons die before their time, usually from inanition or wasting disease of the bowels. As certainly will the mind suffer declining vigor and efficiency, its stimulants being novel-reading and a morbid thirst for new things.

In the moral or spiritual world the general principle holds true; hence, those who feed on the "pure milk of the word," who travel in the "old paths," are the surest to grow in the exercise and practice of principles, stern, high, and life-giving. What highly-seasoned food and stimulating drinks are to the body, what novel-reading is to the mind, sensation preaching is to the heart; and yet after "these three," the great world, the masses run with eager pace. It is suggested that the clergy should do all in their power to put down the last practice, by not allowing it to be heralded in the papers when, or where, or on what subjects they are to preach. That is the best "society" which always attends its own meetings when its own doors are opened, and which seldom attends any others. Gadding about creates a pernicious excitement, it unsettles and dissatisfies. Let every man attend religious services as a matter of course, the matter of worship, of prayer and praise and meditation being the absorbing objects; all other things being considered as unimportant incidentals. Let no man inquire whether "Paul or Apollos or Cephas" is to preach, and let him take it for granted that the great theme shall be, "The Lamb of God which taketh away the sin of the world."

How wide is the departure from these wholesome ways, may be estimated from the fact, that in a secular daily newspaper for Saturday, there are over fifty "notices" under the "religious" head, of places, themes, and preachers, but not one of them announces a discourse on the subject of "Christ, and him crucified." The whole of them ranging, up or down, from John Brown to the devil. Let no one imagine from this expression, that on the great subject of black and white we are "on

the fence." This would do us injustice. We are very decided in our opinions. The first third of a century of our life we passed in the very midst of the "peculiar institution," and another third we have reason to believe will be passed out of it, hence we have had unusual facilities of personal observation, and therefore from a broad and liberal view of the whole question, we most unhesitatingly declare that we are on the other side; and lest this should not be explicit enough for some, we will further add that we are on the right side, so that our friends North and South may hereafter know where to find us, that is, not on the fence, but on the other side of it, the right side.

HOTEL LIFE.

OF all the miserable ways of living, that of hotels and boarding-houses takes the lead. One of the best sermons we ever heard, as connected with domestic life, was delivered in New-Orleans many years ago, by that eminent divine and scholar, the Rev. W. A. Scott, D.D., now of San Francisco. We thought, at the time, that humanity would have been a gainer, if a tract had been made of it and placed in the hands of every married couple in the Union. It is hoped that, should the eminent author ever see this article, he will publish the pith of it in his own monthly. A life of this sort eats out domestic love; it creates a morbid desire for tinsel and show; it cultivates sham in morals, in dress, in personal deportment; it turns every thing into pretense and hollowness. There is no depth in any thing that is really useful or good. All is superficial, cold, and heartless.

From such a life, gormandizing, idleness, and *ennui* are inseparable; eating, sleeping, lounging, and dilettaunteing make the dreary routine—the two great events of each succeeding day being the dinner and the opera or theatre or lecture. They wake to think of what there shall be for breakfast, and, after reading the morning papers and an objectless and lazy stroll, the subject of conjecture or conversation, if not both, is what kind of dinner will be spread; if this or that new or rare or favorite dish will be in the bill of fare.

As to conversation, there can be no real intercommunion

with persons whose acquaintance rarely exceeds a month, oftener not a week. There is nothing to draw out the better natures and the deeper feelings of the heart in a transient "society" like this, while the risk of becoming acquainted with unworthy persons is very great. To young sons and daughters it is simply fearful, for adventurers, fortune-hunters, and pretenders, with fast young men and those who have nothing but a fine personal appearance, are the *habitués* of all public places.

But there are physical evils of the most serious nature. When a wife or daughter has nothing to do, and the appetite is stimulated day after day by all the arts of "scientific cookery," when the five o'clock dinner is universal, and when the stomach is "raving" for food in consequence of the almost entire abstinence since breakfast, a double work is thrown in upon it in its debilitated state, and keeps it "laboring" during the greater part of the night, making what ought to be the hours of peaceful rest, absolutely hideous by terrible dreams, and the morning comes without the blest renewal of strength which healthful sleep would have given, and this for weeks and months together. Verily, it is no wonder that the thoughtful physician should apply the epithet, "Thou fool," to any parent who would expose a family to such a life. And in the light of it, we may gather that the most certain means of making life a failure *in toto* on the part of any newly-married couple, is to "go to boarding." Better a thousand times, socially, morally, and physically, hire a two-roomed shanty, live on bread and potatoes and do the housework without the aid of menials, and continue to do these things until means are accumulated to take a step higher. Thus doing, we would not see a tithe of the sick wives we now do, not a tithe of the unhappy matches, the disgraceful divorces and the early wreck of business prospects which leave so many men disabled before they are thirty years of age; disabled for life from engaging in any handsomely profitable employment in consequence of a load of indebtedness which it would take a lifetime to liquidate.

In view of these things, our advice to every young man of energy, a high spirit, and any respectable calling, is, marry before you are thirty, even if you have not five dollars ahead. Take a cabin of a single room, if you can do no better; live within your means, whatever Mrs. Grundy may say, and with

moderate perseverance, never rising faster than your gains, things will go well with you, and three times out of four you will, in a race of twenty years, come out triumphantly ahead of those who had a small fortune to begin with — theirs having insensibly dwindled away, while yours is increasing with a steady and wholesome rapidity.

GREEN PEOPLE.

SOME people are as green as the grass they tread upon ; or, to change the simile, their noggins are as soft as mush ; it is a wonder they have sense enough to breathe. An individual in this city has an amount of stupidity which is perfectly refreshing, that is, to one who possesses a temperament like our own, which breaks out into a horse laugh as loud as a fourth of July torpedo whenever any thing turns up, which is too insignificant to be ruffled at, but is so unmistakably simple, as to put one in a betweenity whether to laugh or growl ; and as no man of the least common-sense would choose the latter when he could just as well indulge in a loud guffaw, so we did have a little quiet merry-making in receiving a note from the penny-post, charge two cents, from a name we never heard of, to the effect that the writer from reading a piece of ours headed Long Life, would be greatly obliged for our opinion as to whether "smoking" was injurious to health, and to send a note, with the answer, stating at the same time whether tobacco was a poison. All we can say is, that we do not think that any thing could "poison" this gentleman—we think he must be "impervious" to the effects of any toxological agent known to us or to any one else. We really do not think he is capable of being hurt at all. While we are among the stupidities, brief mention may be made of one of constant occurrence, and which, by the way, puts a good many dollars into our pocket in the way of editorial perquisites. We receive from one to five or ten or more dollars at a time from persons whom we do not know, in the way of subscriptions, purchases of books, opinions, medical advice, etc. ; but the obstacle to our compliance is in the little item, that the name of the person is not mentioned, or the post-office address is omitted altogether as to State, county, or town.

NEW-YORK HOTELS.

FOR the convenience of our readers, who are scattered all over every where, and who may chance to come to the metropolis of the nation, for purposes of business, health, or pleasure, the notice below is given from the *Home Journal*, which for elegance in manner and matter may be considered the first and best weekly publication of its kind, not only in the Union, but in the world. In transferring the article to the pages of the JOURNAL OF HEALTH, it is premised that our office and residence are within three blocks of Union Place Hotel, the Everett House, and the Clarendon. Consequently we are very near royalty, for we have long observed that titled persons from abroad oftener "put up" at one of the three houses named than elsewhere, for true nobility always seeks retracy, quiet, and comfort. We are not personally acquainted with either of the "hosts," and make this mention less for them than for our readers.

"Hotel life is so rapidly superseding house-keeping in this metropolis, that the private residence promises soon to become a rarity; and indeed this is not strange when we consider the exorbitant rents demanded for decent tenements, and contrast the comforts of our first-class hotels and their well-drilled attendants, with our ten-pin-alley houses all up-stairs, and the stupid servants that so try the patience of housekeepers. The hotels of this city have attained such size and magnificence, as to be among the curiosities for country visitors to see. Foreigners are especially surprised at their luxury and elegance, and have taken many valuable hints from their management and arrangements. The old Astor still continues to be a favorite among the merchants whose duties require proximity to their counting-houses, and maintains its reputation for prompt attendance and bountiful larder. The St. Nicholas is patronized principally by transient visitors, and persons fond of the excitement inseparable from large crowds. The Metropolitan is popular on account of its central locality, being near the shops of Broadway, and most of the places of public amusement. The New-York Hotel is remarkable for the artistic marvels of the *entres*; and the Brervoort, for the privacy of its suites of rooms and the excellent family restaurant. The Fifth Avenue Hotel

has been filled since the first day of its opening, and seems to give satisfaction. A new house always has a rush, and its popularity afterwards is dependent upon its management. The Everett is generally preferred by those who remain for any length of time in town, on account of its beautiful locality—being opposite Union Square, on the corner of Seventeenth street and Fourth Avenue—and the admirable management of all the interior arrangements, in order to afford every attainable comfort and enjoyment for its inmates. Its recent proprietor, Mr. Clapp, has retired from business, and is succeeded by Mr. L. L. Britton, who has had much experience in keeping hotels, having been for twelve years the proprietor of the best house in Albany. That the excellence of the Everett will be sustained under the new government, there is every reason to believe. Mr. Britton is making a few changes that will be very acceptable and attractive. The admirable Union Place Hotel, the St. Denis, the La Farge, the Clarendon, the Prescott, and other well-known establishments, are, like those already mentioned, generally well filled with visitors. This is also the case with the hundreds of hotels "*on the European plan*," and the thousands of boarding-houses *on no plan at all*, which are scattered every where throughout the city. A monster hotel on Fifth Avenue, opposite the Central Park, to occupy an entire square, is in contemplation. It will, of course, make a sensation—when finished."

HOMINY.

WHEN that kind of Indian corn called "flint corn" is broken into three or four pieces with a wooden pestle, as is done in the West and South-west, it is called hominy. The outer skin, which answers to the "bran" in grinding wheat, is removed by steeping or boiling it in the ley of wood ashes. In the North this corn broken coarsely, is called "samp," while that which is denominated "samp" in the South, is the same corn prepared in such a way that each particle as it appears on the table is not larger than a grain of rice, and is quite as white, but it has not the juiciness and sweetness of the coarser preparation.

Next to the common white bean, hominy is the most nutri-

tious, the most economical, and the most healthful article of vegetable growth which can be placed on our tables. The usual mode of preparing it is to cover it an inch deep with water over night, and let it soak until the morning, then boil it slowly and steadily six, eight or ten hours until it is quite soft enough for being eaten easily. After it has thus been boiled, a part of it may be taken, prepared with a little milk and butter, and placed on the table, to be eaten as a vegetable or with syrup or loaf-sugar as a desert. The portion laid away can be cut in slices, about half an inch thick, and fried brown for breakfast, with or without the addition of syrup, or it may be warmed up just as it is, or with a little milk, or a tablespoonful or two in a bowl of good milk, will of itself make a sufficient meal. A bowl of milk and hominy thus prepared would make a sustaining and healthful dinner for a day laborer. If prepared fresh every day, it can be taken for weeks together with an appetite and a relish, while it is perhaps not inferior to cracked wheat as an agency in the healthful regulation of the system.

HEALTH TRACTS.

A GENTLEMAN of true benevolence has succeeded in accumulating a large fortune within a half-century's time, beginning at the bottom round of the ladder, by following two things: minding his own business and doing good to others. How many there are who would do well to learn that trade! It is simple, useful, and ought not to be hard to learn. What a grand thing it would be for the whole country, just at this juncture, had it learned that useful art!

One of his ways of doing good is to print a multitude of one-paged health tracts at his own expense, and to distribute them personally broadcast. We gave one of them last month, and now another. Like a sensible man, when he can't make a tract to suit himself, he makes a selection from the writings of those who best please him. It will be seen that at this time HALL'S JOURNAL OF HEALTH is his text-book. We commend the extract to every man who has a mind and a conscience. We are constrained to say, however, it strikes us as rather odd that this gentleman should be so mindful and considerate of other people's wives when he persists in not having one for himself:

HEALTH TRACT, No. 20.

HEALTH WITHOUT MEDICINE.

A NEW YEAR'S PRESENT FOR YOUR WIFE.

Begin with the January Number.

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FOR

Dr. Hall's Journal of Health.

A MONTHLY PUBLICATION,

Price One Dollar per year.

"HEALTH IS A DUTY" INCUMBENT ON ALL.

[FROM DR. HALL'S JOURNAL OF HEALTH.]

Health is a duty.—When we announced as a starting-point in the first number of our JOURNAL that a man ought to keep well, and being sick was an implied wrong, no doubt it appeared to many rather a rigid doctrine: to wit, that *it is a sin to be sick*. But men of reflection will not be long in coming to the conclusion, that if it is not so in some cases, it is so in a vast number of instances; and a practical man may benefit himself largely, if he be also conscientious, by inquiring, when incapacitated from discharging the duties of life by illness, "*Is it my fault?*" A servant who cuts off his hand to avoid labor, does, certainly, a deliberate wrong to the person to whom he justly owes his labor. And although we may not deliberately make ourselves sick, yet, if it is done through gross inattention or from ignorance, the degree of criminality in the latter is but a short distance from the former.

To use a not uncommon expression, *a man has no business to be sick*. In other words, his being a sick man *is not always a necessity*. People do not get sick *without a cause*, except in rare cases; and that cause is, very generally, within themselves, resulting from inattention, ignorance, or recklessness, either on the part of themselves, their parents, or their teachers. It is a very poor excuse for a man to say that he can not pay a debt—that declaration becomes insulting to the creditor—when that inability is the result of improvidence or actual extravagance. When any man is disabled by sickness from discharging his duty to himself, his family, or to society, the question should at once be, "*Is it from Heaven or of men?*" Not of the former, for it is said *He* does not willingly afflict the children of men; consequently, sickness is not of *His* sending. It is the result of causes within ourselves. In a literal sense, as well as a moral, it is true, "O Israel! thou hast destroyed thyself!" In plainer terms, disease is not sent upon us; we bring it upon ourselves, and, therefore, *health is a duty incumbent on all*

A C A R D .

It is the universal custom with periodical publishers to send their subscribers a title-page and contents at the end of each volume for conveniences of binding. Our former publisher declined doing this, the plates being offered. We supply the deficiencies in this number to all who renew. To those who do not, we will send the same, post-paid at our own expense, on being requested to do so.

In resuming the publication department of the JOURNAL OF HEALTH, we expect, as long as we have strength to wink an eye or wag a finger, to make our issues with some regularity and promptitude, and in a style of typographical correctness and mechanical finish which shall be to our pet as creditable as it is new.

To those of our exchanges who have written to us of late complaining that for one, two, three, twelve months they have not received a single JOURNAL, we have to say, that we had no control over the exchange department last year, and do not know where to place the fault; but desiring to make things pleasant and satisfactory, we will send the missing numbers to such of our exchanges as will designate them.



P A I N A B L E S S I N G .

PAIN is the sleepless sentinel, always at the outposts, announcing on the instant the first approach in the distance, of the great enemy disease; and that half humanity dies scores of years "before the time," is because the faithful warning goes all unheeded. Suppose, for example, a man gets "boozy," and falls asleep, if fire gave no pain, he might wake up next morning minus a foot, or nose, or with a hole in a head, all empty. A plain case.

Notices, Reviews, Etc.

American Medical Gazette, New-York, monthly, \$2 a year. Edited by L. Meredith Reese, LL.D., 10 Union square.

Boston Medical and Surgical Journal, monthly, \$3 a year. 8vo, in its 51st vol.

College Journal, \$2 a year, Cincinnati, Ohio.

Medico-Chirurgical Review, quarterly, \$3 a year. Republished from London by the Messrs. Wood, 389 Broadway, New-York. Standard publication.

Eclectic Medical Journal, Philadelphia, Pa., monthly, \$2 a year. William Paine, M.D., editor and publisher.

Scalpel, New-York. Edited by Edward L. Dixon, 42 Fifth avenue, New-York. Quarterly, \$1 a year, 8vo.

Massachusetts Teacher, Boston, Charles Anson, editor, \$1 a year.

Merry's Museum, New-York, for boys and girls, \$1 a year.

The Hesperian, monthly, San Francisco, Cal. Edited by Mrs. F. H. Day.

Blackwood's Magazine, monthly, \$3 a year. Republished promptly by Leonard Scott & Co., 79 Fulton street, New-York. Also

North British Review, quarterly, \$3 a year. Republished by the same house.

The London Quarterly Review, \$3 a year. *The Edinburgh Review*, \$3 a year.

The Westminster Review, \$3 a year.

These four *Reviews* and *Blackwood's Magazine*, whose contributors are among the finest minds and the ablest writers of Great Britain, are afforded for \$10.

The Christian Review, \$3 a year, quarterly, by Sheldon & Co., 115 Nassau street, New-York, is the organ of the Baptist Church, and is now in its 25th vol.

The Pacific Expositor, San Francisco, Cal., monthly, \$3 a year. Edited by Rev. W. A. Scott, D.D.

The Presbyterian Expositor, \$1.50 a year, Chicago, Ill. Edited by Rev. N. L. Rice, D.D., Professor in the North-Western Theological Seminary, and is devoted to the exposition of the doctrines of the Presbyterian Church.

The Presbyterian Reporter, Chicago, \$1 a year, monthly.

Presbyterian Magazine, \$1 a year. Published monthly at Philadelphia, Rev. Dr. Van Rensselaer, editor.

American Agriculturist, \$1 a year. Issued monthly by Orange Judd, A.M. Published also in German.

American Phrenological Journal, monthly, quarto, \$1 a year. By Fowler & Wells, New-York.

Water-Cure Journal. Same size, price, and publishers.

Life Illustrated, same publishers, weekly, \$1 a year. No. 308 Broadway.

Scientific American, weekly, \$2 a year. Published by Munn & Co., 37 Park Row, New-York. The best publication of its kind in the world.

Home Journal, \$2 a year, weekly, 107 Fulton st., New-York. By Morris & Willis.

Musical World, weekly, \$2 a year. R. Storrs Willis, editor, 379 Broadway. In its 22d volume.

Mothers' Journal, \$1 a year, monthly, New-York. Edited by Mrs. Hotchkiss.

New-York Teacher, \$1 a year, Albany, N. Y.

Home Monthly, Buffalo, N. Y., \$1.50 a year. Mrs. Airey & Gildersleeve, Eds.

Western Farmer, Chicago, Ill., \$1 a year.

Home and School Journal, Chicago, Ill., \$1 a year.

The Farmers' Monthly, 8vo, Detroit, Mich., \$1 a year.

American Farmer, Baltimore, monthly, \$2 a year.

Challen's Monthly, \$1 a year, Philadelphia.

Millennial Harbinger, \$1 a year, monthly. A. Campbell, editor, Bethany, Va.

Evangelical Repository, Philadelphia, Pa., \$1 a year, monthly.

Godey's Lady's Book, \$3 a year, Philadelphia. The queen of pictorial monthlies.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

FEBRUARY, 1860.

[No. 2.

SLEEPLESSNESS.

A GENTLEMAN of superior culture once became deranged, and after a weary time, at a well-conducted asylum, was restored to mental health and remained perfectly well. One of the most striking observations he made in detailing the remembered portions of his history for the period including his aberration, was that the madness came on him by a slowly-increasing inability to sleep, and at its height, it seemed to him that he did not sleep at all; but from the very first day he could get a little sleep, the mind began to clear, and the two continued *pari passu* until complete recovery.

The experience of medical men of all countries is in striking accordance with the above. And if a fact so well established was generally known, many persons would be saved from the living death of hopeless lunacy, and a large number from the abhorrent crime of self-destruction.

Sleep is the great renovator of the brain. It is during its rest, of sleep, that it is nourished and invigorated; and without that food of rest in sleep, the mind can no more be sustained, than the body without food.

One of the very worst economies of time, is that filched from necessary sleep. The wholesale but blind commendation of early rising, is as mischievous in practice, as it is errant in theory. Early rising is a crime against the noblest part of our physical nature, unless it is preceded by an early retiring. Multitudes of business men in large cities count it a saving of time, if they can make a journey of a hundred or two miles at night by steam-

boat or railway. It is a ruinous mistake. It never fails to be followed by a want of general well feeling for several days after, if, indeed, the man does not return home actually sick, or so near it, as to be unfit for a full attention to his business for a week afterwards. When a man leaves home on business, it is always important that he should have his wits about him; that the mind should be fresh and vigorous, the spirit lively, buoyant, and cheerful. No man can say that it is thus with him, after a night on a railroad or on the shelf of a steamboat.

The first great recipe for sound, connected, and refreshing sleep, is physical exercise. Toil is the price of sleep.

To sleep well, a man must be regular in his hours of retiring and rising, and avoid sleeping in the day-time. Nature will take healthfully a certain amount of sleep, as she will take healthfully a certain amount of food, and no more; all over tends directly to disease and ends in premature death. In the desire to avoid eating too much, men have weighed their food, but some have eaten too little and died before their time in consequence of an error of judgment. There need be no mistake in this regard as to sleep in ordinary health, for if a man retires regularly after judicious and usual eating and exercise, he will, if let alone, be waked up by nature the very moment he has had enough of repose for the needs of the system. Instinct teaches the infant and the mere animal to cease taking aliment when they have had enough. Infants and animals never have dyspepsia, if let alone, for nature is the wise apportioner. Thus is it with sleep. Nature, herself sleepless, wakes us up the moment we have had enough, if we are not tampered with. Thus it is with men who live temperately and regularly; they wake up within five minutes of the same time morning after morning. If we go to sleep again, if we take a "second nap," nature is thwarted, and the result is, we go to sleep later the following night, sleep more unsoundly and later in the day; or if we get up early, we become insupportably sleepy during the day-time, and this goes on until we have no refreshing, sweet, connected sleep, day or night, when the general health begins to wane and the spirits droop. The laugh is less joyous; the countenance less cheerful; the eye less bright, and the road is downward! If at this phase of affairs medicines are given to promote sleep, it is only an artificial repose; it does not build up

the system, but soon begins to clog the whole machinery, and in due time, the wheels of life stop forever. For let it be remembered, that every form of anodyne, whether of hop or poppy, such as morphine, laudanum, or paregoric, will, if continued beyond a very few doses, constipate the bowels, take away the appetite, torpify the liver, and derange the whole digestive machinery.

Labor, then, physical industry, temperance, and regularity, are the great panaceas for producing sound, healthful invigorating sleep. Various substitutes have been adopted to serve as temporary expedients, some of which may excite a smile, but all may be of greater or less avail.

1. Fix the thoughts, on getting into bed, on some one thing, vast and simple; such as a cloudless sky, or the boundless ocean, or the ceaseless goodness of the great Father of us all.

2. It has been said that sleep is promoted by lying with the head towards the north, and not by any means to the west, because of certain electric currents.

3. A writer recommends to commence rolling the eye-balls round the circuit of the eye, in the same direction, until sleep comes.

4. Another avers that a better plan is to place the head in a comfortable position, shut the mouth, and breathe through the nostrils only, making an effort to imagine that you see the breath going out all the time.

5. We have known, on the failure of all forms of anodynes, the gentle, continuous friction of the soles of the feet with a soft warm hand, to be admirably successful.

6. When persons are prevented from sleeping by a slight hacking cough, sleep is sometimes induced by having two pieces of muslin, say six inches by four, and three or four folds thick, to be used alternately thus: have a saucer at hand, half filled with alcohol, dip one of the cloths into it, then press it out, so as not to dribble, and lay it across the chest, the upper edge of the cloth ranging with the collar-bones, let it remain five minutes, then put on the other, alternating thus (by the nurse) with as little motion or noise as possible, the patient being on his back in the bed composed for sleep.

7. A French medical journal advises on retiring, to put five or six bits of sugar candy, as large as a hazelnut in the mouth,

averring that before they are melted the desired effect will have been produced. This may avail in a case of simple sleeplessness, not as the result of any special disease. We would not advise such an expedient, for persons have been known to lose life by going to sleep with something in the mouth. If it is attempted at all, the candy should be placed between the cheeks and the gums, and the mouth kept resolutely closed.

The general rule is, that persons require seven hours of sleep in summer, and eight in winter. There are however occasional exceptions. Women require less sleep than men; possibly because they are less in the open air, the soporific effects of which are seen in infants speedily going to sleep when taken out of doors.

Children require more sleep than those in maturer life. Old people seem to require very little sleep, except in extreme age; but then it is rather a doze, or in short naps. Much of the credit given to elderly people for early rising is not deserved. They get up early because they can't sleep any longer; nature does not want any more, and they feel better when up and about than when in bed.

Napoleon the Great, seemed to require very little sleep, and he had a remarkable facility in going fast asleep at will. Pichegru said that during a whole year's campaign, he did not sleep more than one hour in twenty-four. We knew a man, named Paxton, who having been an engineer or pilot on a steamboat on the Mississippi, was not able on leaving his employment to sleep more than three hours out of any twenty-four for several years, but he died early.

We earnestly advise that all who think a great deal, who have infirm health, who are in trouble, or who have to work hard, to take all the sleep they can get, without medicinal means.

We caution parents, particularly, not to allow their children to be waked up of mornings; let nature wake them up, she will not do it prematurely; but have a care that they go to bed at an early hour; let it be earlier and earlier, until it is found that they wake up of themselves in full time to dress for breakfast. Being waked up early, and allowed to engage in difficult or any studies late and just before retiring, has given many a beautiful and promising child brain-fever, or determined ordinary ailments to the production of water on the brain.

Let parents make every possible effort to have their children go to sleep in a pleasant humor. Never scold or give lectures or in any way wound a child's feelings, as it goes to bed. Let all banish business and every worldly care at bed-time, and let sleep come to a mind at peace with God and all the world.



NEW-YORK HUSBANDS.

No observant man who is daily "on 'change," or promenades Wall street will fail of the impression that a large number of our most driving business men drink brandy every day. They seem stuffed, always full, and scarcely a month passes that the morning paper does not make the record of some familiar name: "Died yesterday, suddenly, of disease of the heart." Further on, we learn from the figures that he has passed away in the very prime of life, while he ought to have lived a third of a century longer. A very great deal of this arises from the abandonment of the old-time custom of merchants living in the rear or upper part of the building in which they do business. In fact, "up-town" residences are rapidly working a social ruin. The old-fashioned dinner hour of noon has become the most business portion of the day. Not less than two hours are consumed in going to Union or Madison Squares to dine, and the merchant who does it would soon go to the wall. If he goes without a dinner, the exhaustion consequent would unfit him for the proper performance of his duties. The remedy is "a snack" or "lunch" at an eating-house, and, from various pretenses, porter, ale, beer, wine, or brandy are used now and then, in small quantities at first, steadily increasing in frequency and in amount, until lunch and brandy are indivisible.

Most men of position, principle, and self-respect hesitate long to take brandy at dinner in the presence of wife and children. Many a man would take it abroad, when he would be very far from indulging at home, so that the practice of taking the mid-day meal at an eating-house or a hotel opens an easy door to one of the very worst forms of intemperance, that is, habitual drink-

ing, seldom, if ever, descending to the degradation of actual drunkenness, yet having "brandy aboard" all the time.

One of the finest legal minds in New-York city died not long ago. He dropped suddenly dead. The papers all said of "disease of the heart." His casual acquaintances were not aware of his being an invalid. When they met him on the street he was courteous, frank, and manly. There was an activity in mind and motion, which left the impression of good health and prosperity. But they never saw him early in the morning, nor did his family often, for he seldom appeared at the breakfast table, as he said he had no appetite until late in the day. He rose late, and went directly to his office near Wall street, commencing his day's labor with a large drink of brandy, and it was this which misled those who casually met him; it was on this he lived until noon, when he "took dinner down-town," the almost only meal of the day, made ravenous by the previous potations, and in order to "carry this load," to "settle his dinner," to "aid digestion," he drank brandy largely after dinner, and with this transacted the business of the after part of the day, and in the evening returned to his family, when the double excitement of food and drink made him appear so "full of life," that his own household were misled as to the actual condition of his health, and were not awakened from their delusion until his corpse was one day brought to the door, he having fallen dead in a drinking saloon.

This is no solitary history, no made-up case, for we knew the man and his habits. We have known of other men whose fate was similar. We know men now who are travelling the same road, and who will soon arrive at the same destination!

To every wife in New-York whose husband "dines down-town," this narration should carry with it a lesson and a warning, and however great may be her confidence in her husband, there ought to be some misgivings and some effort to have him dine at home; rather than not do it, the family had a great deal better move down to "the store," and occupy the spacious airy "lofts," as they are called, which, with proper fitting up, would afford a roominess, a cheerfulness, and a pureness of atmosphere equal to the most favored dwellings on the Avenue or Murray Hill. The richest private individual in the world, the Paris Rothschild, lives in the rear of his counting-house, and

his western prototype, our olden friend Sayre, the financier, the banker, and the philanthropist, does the same thing, having the wife of his youth literally at his elbow, his parlor and his dining-room opening into his office, and with such propinquity they have grown young in love; age has come without wrinkles, and prosperity without toil, and, like two young turtle-doves in their affections, they are billing and cooing down life's pathway, apparently as happy as the happiest. And who does not know that multitudes in our large cities fail annually in the great aim of their life in consequence of not living on the spot where their business is, in consequence of having houses "up-town" and "out of town," with the additional cost of from three thousand, at least, to ten thousand dollars a year.

If there are insurmountable objections to the plan suggested, there is another, which may be regarded as next best. Let the wife, at least, invite herself down-town to dine with her husband every day, and thus keep away the liquor-bottle; let her cheerfulness, her tidiness, her intelligence, her affection, the brightness of her eyes, and the sweetness of her voice, be the "seasoning" of each meal, the tonic of each repast; let her joyous presence be the whetstone of the appetite, the great exhilarator of the spirits, the great waker-up of those ambitions and energies which are essential to business success.

The dwelling-houses of the business men of New-York are very little more to them than lodging places. It is the custom of some to leave their homes in winter, at least, before the children are up, and return after they are asleep. This is not living; it is more like the unsatisfying life of a man at the galleys. It may be true that this entire consecration to business is not to last many years; that wealth may begin to roll in, and elegant leisure come before "fifty;" but from any hundred in this race for gold, who started at twenty-five, take out the "failures" in money, in character, or in health, not a tithe are left; and of that small number, more than half have had the juices of their affections, their capabilities, and their better natures so eaten out, there is no substance left, there is no capacity for any other enjoyment than that of calculating the cent per cent than that of clutching gold. What a prostitution of the ends and aims of life!

READING ALOUD.

THIS is an accomplishment possessed by so few that a good reader is almost as rare as a man of common-sense. It is greatly to be regretted that so little attention is paid to a branch of education so agreeable, so important, and so useful. Months of time and multitudes of dollars are expended on studies which could be profitably dispensed with altogether, while the cultivation of the ability to read aloud gracefully is very sadly neglected—in fact, is not considered as by any means an important acquisition. A beautiful singer delights a whole assembly, a beautiful reader not only delights but instructs. A fool may sing divinely. But a good reader must possess mind. Let the parents then, whose daughters have no taste for music, no ear for song, but who have hearts and intellects worthy of any man, give them a chance of showing what they are made of, a chance of making their way in the world, of cultivating the habit of reading aloud with care, with grace, with understanding, and thus put it in their power of bearing their part in the entertainment of any company into which they may be thrown.

But it is to the physical benefits to be derived from reading aloud, to which the attention is more particularly called. It is one of those exercises which combines mental and muscular effort, and hence has a double advantage. It is an accomplishment which may be cultivated alone, perhaps better alone than under a teacher, for then, a naturalness of intonation will be acquired from instinct rather than from art; the most that is required being that the person practising should make an effort to command the mind of the author, the sense of the subject.

To read aloud well, a person should not only understand the subject, but should hear his own voice and feel within him that every syllable was distinctly enunciated, while there is an instinct presiding which modulates the voice to the number or distance of the hearers. Every public speaker ought to be able to tell whether he is distinctly heard by the farthest auditor in the room; if he is not, it is from a want of proper judgment and observation.

Reading aloud helps to develop the lungs just as singing does if properly performed. The effect is to induce the drawing of

long breaths every once in a while, oftener and deeper than if reading without enunciating. These deep inhalations never fail to develop the capacity of the lungs in direct proportion to their practice.

Common consumption begins uniformly with imperfect, insufficient breathing; it is the characteristic of the disease that the breath becomes shorter and shorter, through weary months, down to the close of life, and whatever counteracts that short breathing, whatever promotes deeper inspirations, is curative to that extent, inevitably and under all circumstances. Let any person make the experiment by reading this page aloud, and in less than three minutes, the instinct of a long breath will show itself. This reading aloud develops a weak voice, and makes it sonorous. It has great efficiency also in making the tones clear and distinct, freeing them from that annoying hoarseness, which the unaccustomed reader exhibits before he has gone over half a page, when he has to stop and hem and clear away, to the confusion of himself, as much as that of the subject.

This loud reading when properly done, has a great agency in educating vocal power, on the same principle that all muscles are strengthened by exercise, those of the voice-making organs being no exception to the general rule. Hence in many cases absolute silence diminishes the vocal power just as the protracted non-use of the arm of the Hindoo devotee, at length paralyzes it forever. The general plan in appropriate cases is to read aloud in a conversational tone thrice a day, for a minute or two, or three at a time, increasing a minute every other day, until half an hour is thus spent at a time, thrice a day, which is to be continued until the desired object is accomplished. Managed thus, there is safety and efficiency as a uniform result.

As a means then of health, of averting consumption, of being useful and entertaining in any company; as a means of showing the quality of the mind, let reading aloud be considered an accomplishment more indispensable than that of smattering French, of lisping Italian, of growling Dutch, or dancing cotillions, gallopades, polkas, and quadrilles.

FROM the practice of a life-time, North and South, I am fully convinced, that the remedies for disease which are of the most universal application, and of the most undeviating efficiency, are rest, warmth, and sleep, with moderate abstinence and exercise.

DR. W. W. HALL.

S K A T I N G

Is one of the manliest and most invigorating of all forms of exercise, and it is due to the Commissioners of the Central Park, to say that the pains taken by them to afford to our citizens the facilities of skating have met with public appreciation. If the ice did not freeze smooth, it was overflowed and frozen over again. If the snow fell upon it, it was promptly removed; and when the ice became cut up, it was again overflowed, and thus during the cold weather, thousands and tens of thousands of men, women, and children have found innocent, exciting, and healthy amusement. A separate lake of ice was prepared for the ladies, with an apartment on the bank for convenience of dressing, resting, warming, etc. On several occasions, especially on the day celebrated for New Year's, we were one of the skaters, and among the thousands on the ice at the same time, we did not hear an oath, an unbecoming, or even angry word.

H E A L T H T R A C T S .

THE Editor has been solicited at various times, by strangers as well as friends, to republish articles which have appeared from time to time in the *Journal of Health*. This has suggested a better plan, which is to make a selection of those which are of more universal application, and have them printed in the form of tracts for general distribution. The *fac-simile* of each is given in the following pages. Those of our subscribers who wish to exercise their benevolence in distributing them, can have them sent, assorted and post-paid, for twenty-five cents a hundred. The postage on a single tract is one cent, each piece of printed paper being liable to a separate postage, but when fifty or a hundred are sent, printed on one piece of paper, the postage is the same; hence they will be sent assorted in pamphlet form, and they can be easily divided. And as we desire to take care of number one while we are doing a good turn to number two, an advertisement of our publications will be found on the reverse of each tract; so being free-hearted, we don't charge for the advertisement, only for the advice on the opposite page. The Editor of the *Journal of Health* is a very generous person, sometimes, by fits and starts, pretty much according to the state of the weather, the stomach, and the money-market.

HEALTH TRACT, No. 1.

INCONSIDERATIONS.

It is inconsiderate to eat when you don't feel like it. Sleepless nature calls for food when it is needed.

It is inconsiderate to eat to "make it even," to swallow a thing, not because you want it, but because you do not want it wasted by being left on the plate, and thrown into a slop-tub; but then it would have gone to fattening the pigs or feeding the cows, whereas it goes into your stomach when not needed, only to gorge and oppress and sicken.

It is inconsiderate to enter a public vehicle, and open a window or door without the express permission of each of the several persons nearest.

It is inconsiderate to ask persons nearest to a window or door of a public conveyance to open the same, for you thereby tax their courtesy to grant a request for your gratification, at the expense of their own preferences, and thus show yourself to have the selfishness of a little mind, and the manners of a boor; for you have no claim on the self-denial of a stranger, nor should you put such to the risk of injury to health for your mere gratification. The most that can happen from a too close vehicle is a fainting fit, which kills nobody, and which would rectify itself in five minutes if simply let alone; but an open window in a conveyance has originated pleurisies, inflammation of the lungs, sore throat, colds, peritonital inflammations, and the like, which have hurried multitudes from health to the grave within a week. The openness of a travelling conveyance has killed a hundred, where closeness has killed one.

It is inconsiderate to be waked up in the morning as a habit; it is an interference with nature, whose unerring instinct apportions the amount of sleep to the needs of the body, nor will she allow that habitual interference with impunity, under any circumstances.

It is inconsiderate to crowd the doors or vestibules of public assemblies, whether of worship or of pleasure; they are for purposes of ingress or egress, and to stand in them, to lounge or gaze about, to the incommoding of a dozen or more persons, within any five minutes, is not only impolite, but it is impertinent.

It is inconsiderate in passing out of a public assembly to stop an instant for purposes of salutation or conversation, to the detention of a dozen, or a hundred, or a thousand who are behind you.

It is inconsiderate to keep a caller waiting in a cold or dark or cheerless parlor for two, ten, or twenty minutes, to his risk of health or loss of time, merely for the purpose of showing a style of dress or personal adornment not habitual, or of making an impression of some kind foreign to the facts of the case.

It is inconsiderate to take a medicine, simply because it had cured some one else who had an ailment similar to your own. Of two donkeys on the verge of utter exhaustion and prostration, the one laden with salt was greatly refreshed, and had his burden largely lightened by swimming a river; the other with a sack of wool by the same operation doubled the weight of his load, and perished.

HEALTH TRACT, No. 2.

S U M M E R S O U R S .

PHYSIOLOGICAL research has fully established the fact that acids promote the separation of the bile from the blood, which is then passed from the system, thus preventing fevers, the prevailing diseases of summer. All fevers are "bilious," that is, the bile is in the blood. Whatever is antagonistic of fever is cooling. It is a common saying that fruits are "cooling," and also berries of every description; it is because the acidity which they contain aids in separating the bile from the blood, that is, aids in purifying the blood. Hence the great yearning for greens and lettuce and salads in the early spring, these being eaten with vinegar; hence also the taste for something sour, for lemonades, on an attack of fever.

But this being the case, it is easy to see, that we nullify the good effects of fruits and berries, in proportion as we eat them with sugar, or even sweet milk or cream. If we eat them in their natural state, fresh, ripe, perfect, it is almost impossible to eat too many, to eat enough to hurt us, especially if we eat them alone, not taking any liquid with them whatever. Hence also is buttermilk, or even common sour milk promotive of health in summer time. Sweet milk tends to biliousness in sedentary people; sour milk is antagonistic. The Greeks and Turks are passionately fond of sour milk. The shepherds use rennet, and the milk-dealers alum to make it sour the sooner. Buttermilk acts like watermelons on the system.

THE DIFFERENCE.

WHEN a simpleton wants to get well, he buys something "to take;" a philosopher gets something "to do;" and it is owing to the circumstance, that the latter has been in a minority almost undistinguishable in all nations and ages, that doctors are princes, instead of paupers; live like gentlemen, instead of cracking rocks for the turnpike.

POISONOUS BITES.

DURING the increased travel of summer, the bites from insects and reptiles of various kinds are of frequent occurrence. Persons of healthful blood are bitten with impunity sometimes, while those in feeble health suffer distressing, and sometimes fatal, consequences.

Almost all poisonous bites arise from the acidity of the virus; it then follows that an alkali is the best antidote, because an alkali and an acid are as much opposed to each other as light and darkness, as sweet and sour. And as expedition is sometimes the life of a man, it is of considerable practical importance to know what is the most universally available remedy. A handful of the fresh ashes of wood is the most generally accessible; pour on enough water, hot is best, to cover it, stir it quickly, and either apply the fluid part, that is the ley, with a rag or sponge, or have less water, and apply a poultice made of simple water and fresh wood-ashes. Renew the poultice every half-hour until the hurting is entirely removed. As to minor insects, the relief is almost instantaneous. The next most convenient remedy is common spirits of hartshorn, a small vial of which should be in every family, and in every traveller's trunk or carpet-bag, in summer-time at least. Saleratus, dampened and applied to the wound or stung place, is not as powerful as hartshorn. It failed recently to cure the sting of a bee, the gentleman dying in convulsions within an hour after he was stung; this arose from some peculiarity of constitution, an "Idiosyncrasy," as physicians term it.

HEALTH TRACT, No. 3.

HOW TO CURE A COLD.

THE moment a man is satisfied he has taken cold, let him do three things

First, eat nothing ; second, go to bed, cover up warm in a warm room ; third, drink as much cold water as he can, or as he wants, or as much hot herb-tea as he can ; and in three cases out of four he will be almost well in thirty-six hours.

If he does nothing for his cold for forty-eight hours after the cough commences, there is nothing that he can swallow that will, by any possibility, arrest the cold, for, with such a start, it will run its course of about a fortnight in spite of all that can be done, and what is swallowed in the mean time in the way of food, is a hindrance and not good.

"Feed a cold and starve a fever" is a mischievous fallacy. A cold always brings a fever ; the cold never beginning to get well until the fever subsides ; but every mouthful swallowed is that much to feed the fever ; and but for the fact that as soon as a cold is fairly started, nature, in a kind of desperation, steps in and takes away the appetite, the commonest cold would be followed by very serious results, and in frail people would be always fatal.

These things being so, the very fact of waiting forty-eight hours gives time for the cold to fix itself in the system ; for a cold does not usually cause cough until a day or two has passed, and then waiting two days longer gives it the fullest chance to do its work before any thing at all is done.

Intelligent druggists know that all medicines sold for coughs, colds, consumption, and tickling in the throat, contain opium in some form or other. They repress the cough but do not eradicate it ; hence the first purchase paves the way for a second or a third ; meanwhile, as it is the essential nature of opium to close up, to constrict, to deaden the sensibilities, the bowels do not feel the presence of their contents calling for a discharge, and constipation is induced and becomes the immediate cause of three fourths of all ordinary ailments, such as headache, neuralgia, dyspepsia, and piles.

Warmth and abstinence are safe and certain cures when applied early. Warmth keeps the pores of the skin open, and relieves it of the surplus which oppresses it ; while abstinence cuts off the supply of material for phlegm, which would otherwise have to be coughed up.

HEALTH TRACT, No. 4.

NINE NEVERS.

NEVER write a letter or a line in a passion.

Never spit or blow your nose on the sidewalk.

Never find a fault until you are as sure as you are of your existence that a fault has been committed.

Never say what you would do under any given circumstances.

Never disparage another by name in a letter.

Never get in a rage.

Never utter a syllable in a passion.

Never refuse to pay a debt when you have the money in your pocket.

Never take physie until you have tried patience.

CAUSES OF DISEASE.

The complaints of people are in a measure innumerable; every now and then a peculiarity of ailment is presented which is not recorded in any book extant; just as new questions of law are constantly arising. But while the effects of disease are so numerous, the causes of them may be reduced down so low as to be all told in the number five:

First—Poisons.

Second—Improper eating.

Third—Variations of atmosphere.

Fourth—Occupations.

Fifth—Hereditary tendencies; which last, indeed, is a modification of the first.

Of the four, by far the most frequent causes of disease are found in the food we eat, and in the air we breathe, the rectification of both of which is within our own power; requiring only a moderate amount of intelligence, but a large share of moral power, that is, a resolute self-denial. It thus follows, that death, short of old age, is chargeable to man himself; that in an important sense, the great mass of those who die short of threescore years and ten, are the authors of their own destruction. And each should inquire, "To what extent am I chargeable with my own ailments?"

BURYING ALIVE.

"TIS WELL," were the last recorded words of the great Washington, uttered in reference to his burial.

"Do not let my body be put into the vault in less than three days after I am dead," and, looking earnestly into his secretary's face, he continued, "Do you understand me?" "Yes," said Mr. Lear. "Tis well," replied Washington, and spoke no more.

The great Dr. Physic left an injunction that a blood-vessel should be severed before he was buried, in order to make it certain that he was dead.

The marvellous stories put in circulation by the credulous, in reference to the turning of bodies, and the tearing of the grave-clothes in the fearful struggle for breath, are without any rational foundation. If a hot iron raises no blister on the skin, or if a severed artery does not bleed, there can be no reasonable ground for doubting that death has taken place. These tests should be applied not sooner than eight or ten hours after the apparent decease.

HEALTH TRACT, No. 5.

CARE FOR THE EYES.

PRESCOTT, the historian, in consequence of a disorder of the nerve of the eye, wrote every word of his "*Historicals*" without pen or ink, as he could not see when the pen was out of ink, or from any other cause failed to make a mark. He used an agate stylus on carbonated paper, the lines and edges of the paper being indicated by brass wires in a wooden frame.

CRAWFORD, the sculptor, the habit of whose life had been to read in a reclining position, lost one eye, and soon died from the formation of a malignant cancerous tumor behind the ball, which pushed it out on the cheek.

There are many affections of the eyes which are radically incurable. Persons of scrofulous constitutions, without any special local manifestation of it, often determine the disease to the eye by some erroneous habit or practice, and it remains there for life. It is useful, therefore, to know some of the causes which, by debilitating the eye, invite disease to it, or render it incapable of resisting adverse influences.

Avoid reading by candle or any other artificial light.

Reading by twilight ought never to be indulged in. A safe rule is—never read after sun-down, or before sun-rise.

Do not allow yourself to read a moment in any reclining position, whether in bed or on a sofa.

The practice of reading while on horseback, or in any vehicle in motion by wheels, is most pernicious.

Reading on steam or sail-vessels should not be largely indulged in, because the slightest motion of the page or your body alters the focal point, and requires a painful straining effort to readjust it.

Never attempt to look at the sun while shining unless through a colored glass of some kind: even a very bright moon should not be long gazed at.

The glare of the sun on water is very injurious to the sight.

A sudden change between bright light and darkness is always pernicious.

In looking at minute objects, relieve the eyes frequently by turning them to something in the distance.

Let the light, whether natural or artificial, fall on the page from behind, a little to one side.

Every parent should peremptorily forbid all sewing by candle or gas-light, especially of dark materials.

If the eyes are matted together after sleeping, the most instantaneous and agreeable solvent in nature is the application of the saliva with the finger before opening the eye. Never pick it off with the finger nail, but wash it off with the ball of the fingers in quite warm water.

Never bathe or open the eyes in cold water. It is always safest, best, and most agreeable, to use warm water for that purpose over seventy degrees.

HEALTH TRACT, No. 6.

Hints for the Travelling Season.

At this season many persons contemplate travelling; to do so with the largest amount of comfort and advantage, physical, social, and mental, the following suggestions are made:

Take one fourth more money than your actual estimated expenses.

Acquaint yourself with the geography of the route and region of travel.

Have a good supply of small change, and have no bill or piece higher than ten dollars, that you may not take counterfeit change.

So arrange as to have but a single article of luggage to look after.

Dress substantially; better to be too hot for two or three hours at noon, than to be too cool for the remainder of the twenty-four.

Arrange, under all circumstances, to be at the place of starting fifteen or twenty minutes before the time, thus allowing for unavoidable or unanticipated detention on the way.

Do not commence a day's travel before breakfast, even if that has to be eaten at daylight. Dinner or supper, or both can be more healthfully dispensed with, than a good warm breakfast.

Put your purse and watch in your vest-pocket, and all under your pillow, and you will not be likely to leave either.

The most if not secure fastening of your chamber-door is a common bolt on the inside; if there is none, lock the door, turn the key so that it can be drawn partly out, and put the wash-basin under it; thus, any attempt to use a jimmy or put in another key, will push it out, and cause a racket among the crockery, which will be pretty certain to rouse the sleeper and rout the robber.

A sixpenny sandwich eaten leisurely in the cars, is better for you than a dollar dinner bolted at a "station."

Take with you a month's supply of patience, and always think thirteen times before you reply once to any supposed rudeness or insult, or inattention.

Do not suppose yourself specially and designedly neglected, if waiters at hotels do not bring what you call for in double quick time; nothing so distinctly marks the well bred man as a quiet waiting on such occasions; passion proves the puppy.

Do not allow yourself to converse in a tone loud enough to be heard by a person two or three seats from you; it is the mark of a boor if in a man, and of want of refinement and lady-like delicacy, if in a woman. A gentleman is not noisy; ladies are serene.

Comply cheerfully and gracefully with the customs of the conveyances in which you travel, and of the places where you stop.

Respect yourself by exhibiting the manners of a gentleman and a lady, if you wish to be treated as such, and then you will receive the respect of others.

Travel is a great leveller; take the position which others assign you from your conduct rather than from your pretensions.

HEALTH TRACT, No. 7.

MUSIC HEALTHFUL.

MUSIC, like painting and statuary, refines, and elevates, and ennobles. Song is the language of gladness, and it is the utterance of devotion. But coming lower down, it is physically beneficial; it rouses the circulation, wakes up the bodily energies, and diffuses life and animation around. Does a lazy man ever sing? Does a milk-and-water character ever strike a stirring note? Never. Song is the outlet of mental and physical activity, and increases both by its exercise. No child has completed a religious education who has not been taught to sing the songs of Zion. No part of our religious worship is sweeter than this. In David's day it was a practice and a study.

YOUNG OLD PEOPLE.

SOME look old at less than forty; others beyond threescore have the vivacity, the sprightliness, and the spring of youth. One of the most active politicians of the times is now in his seventy-fifth year, and yet goes by the name of "the ever youthful Palmerston," and with the weight of nations on his shoulders, will find time to take a rapid ride on horseback daily, from ten to twenty miles. "The heavy cares and severe labors of the Earl of Malmesbury average eleven hours a day," and yet at the age of "fifty years, he is scarcely above forty in appearance." It is by no means an uncommon thing to read the deaths of men and women of the English nobility at eighty and ninety years, to be accounted for in part by their taking time to do things, and thereby doubling the time for doing them. The British are a dignified people, manly, mature; a deliberative people, with the result of being as a nation, the most solid, the most substantial, and the greatest on the globe. They are worthy of that greatness, and we above all the peoples should be proud of it. Americans, on the other hand, are a hasty race; their habitual hurries and anxieties eat out the very essence of life before half that life is done, and all bloodless, fidgety, skinny, and thin, we are but "a vapor that appeareth for a little time, and then vanisheth away."

HEALTH TRACT, No. 8.

DYSPEPSIA AND DRUNKENNESS.

A DRUNKARD is never so great a fool as to kill himself; the dyspeptic is.

More persons are destroyed by eating too much, than by drinking too much. Gluttony kills more than drunkenness in civilized society.

The dyspeptic kills himself; the drunkard kills others.

The dyspeptic takes his own life under the influence of mental depression; the drunkard kills others under the influence of mental excitement. But, although both are unlike unconscious at the time of what they are doing—one slaying himself, the other slaying his fellow-man—the suicide has the sympathies of society, and finds among it many apologists; while towards the drunken murderer of another the feeling is one of vindictive impatience for the gallows to do its duty.

Both the drunkard and the dyspeptic are unconscious of crime at the instant of its perpetration. Both states are brought on by over-indulgence of the appetite; the one for food, the other for drink; and both end in shedding blood.

The dyspeptic lays his plans for self-murder with deliberation; the drunkard murders another in the surprise of ungovernable passion; and, if deliberation darkens the deed, then is the drunkard the less criminal of the two.

If the drunkard is murderously inclined, it is only for a brief hour, while the fit is upon him, and he need be watched only for that time. But the dyspeptic, who is set on his own heart's blood, must be watched sedulously for days and months, or, the first moment that the eye is off his movements, he improves to his ruin.

Few palliate the drunkard's deed, while the dyspeptic meets with universal sympathy. Should this be so? What is the ground for this partiality? Surely all are called upon to mature this subject and to inquire, with a feeling of considerable personal responsibility, if, in the matter of eating, there is a daily watch against excesses, which so often end in that worst of all crimes, (because done with deliberation, and is not repented of,) self-murder!

HEALTH TRACT, NO. 9.

USES OF ICE.

IN health no one ought to drink ice-water, for it has occasioned fatal inflammations of the stomach and bowels, and sometimes sudden death. The temptation to drink it is very great in summer; to use it at all with any safety the person should take but a single swallow at a time, take the glass from the lips for half a minute, and then another swallow, and so on. It will be found that in this way it becomes disagreeable after a few mouthfuls.

On the other hand, ice itself may be taken as freely as possible, not only without injury, but with the most striking advantage in dangerous forms of disease. If broken in sizes of a pea or bean, and swallowed as freely as practicable, without much chewing or crushing between the teeth, it will often be efficient in checking various kinds of diarrhoea, and has cured violent cases of Asiatic cholera.

A kind of cushion of powdered ice kept to the entire scalp, has allayed violent inflammations of the brain, and arrested fearful convulsions induced by too much blood there.

In croup, water, as cold as ice can make it, applied freely to the throat, neck, and chest, with a sponge or cloth, very often affords an almost miraculous relief, and if this be followed by drinking copiously of the same ice-cold element, the wetted parts wiped dry, and the child be wrapped up well in the bed-clothes, it falls into a delightful and life-giving slumber.

All inflammations, internal or external, are promptly subdued by the application of ice or ice-water, because it is converted into steam and rapidly conveys away the extra heat, and also diminishes the quantity of blood in the vessels of the part.

A piece of ice laid on the wrist will often arrest violent bleeding of the nose.

To drink any ice-cold liquid at meals retards digestion, chills the body, and has been known to induce the most dangerous internal congestions.

Refrigerators, constructed on the plan of Bartlett's, are as philosophical as they are healthful, for the ice does not come in contact with the water or other contents, yet keeps them all nearly ice cold.

If ice is put in milk or on butter, and these are not used at the time, they lose their freshness and become sour and stale, for the essential nature of both is changed, when once frozen and then thawed.

HEALTH TRACT, No. 10.

RULES FOR WINTER.

NEVER go to bed with cold or damp feet.

In going into a colder air, keep the mouth resolutely closed, that by compelling the air to pass circuitously through the nose and head, it may become warmed before it reaches the lungs, and thus prevent those shocks and sudden chills which frequently end in pleurisy, pneumonia, and other serious forms of disease.

Never sleep with the head in the draft of an open door or window.

Let more cover be on the lower limbs than on the body. Have an extra covering within easy reach in case of a sudden and great change of weather during the night.

Never stand still a moment out of doors, especially at street-corners, after having walked even a short distance.

Never ride near the open window of a vehicle for a single half-minute, especially if it has been preceded by a walk; valuable lives have thus been lost, or good health permanently destroyed.

Never put on a new boot or shoe in beginning a journey.

Never wear India-rubber in cold, dry weather.

If compelled to face a bitter cold wind, throw a silk handkerchief over the face; its agency is wonderful in modifying the cold.

Those who are easily chilled on going out of doors, should have some cotton batten attached to the vest or other garment, so as to protect the space between the shoulder-blades behind, the lungs being attached to the body at that point; a little there is worth five times the amount over the chest in front.

Never sit for more than five minutes at a time with the back against the fire or stove.

Avoid sitting against cushions in the backs of pews in churches; if the uncovered board feels cold, sit erect without touching it.

Never begin a journey until breakfast has been eaten.

After speaking, singing, or preaching in a warm room in winter, do not leave it for at least ten minutes, and even then close the mouth, put on the gloves, wrap up the neck, and put on cloak or overcoat before passing out of the door; the neglect of these has laid many a good and useful man in a premature grave.

Never speak under a hoarseness, especially if it requires an effort, or gives a hurting or a painful feeling, for it often results in permanent loss of voice, a life-long invalidism.



"If you wish to be aided in securing this habitual carriage of body, accustom yourself, while walking, to carry the hands behind you, one grasping the opposite wrist. Englishmen are admired the world over for their full chests, and broad shoulders, and sturdy frames, and manly bearing. This position of body is a favorite with them, in the simple promenade, in the garden or gallery, in attending ladies along a crowded street, in standing on the street, or in places of public worship.

"Our young men seem to be in elysium when they can walk arm-in-arm with their divinities. Now, young gentlemen, you will be hooked on quite soon enough, without anticipating your captivity. While you are free, *walk right* in ALL WAYS; and when you are able, get a *manly* carriage; take our word for it, that it is the best way in the world to *secure* the affectionate respect of the woman you marry. Did you ever know any girl worth having, who could or would wed a man, who mopes about with his eyes on the ground, making of his whole body the segment of a circle bent the wrong way? Assuredly, a woman of strong points, of striking characteristics, admires, beyond a handsome face, the whole carriage of a man. Erectness, being the representative of courage and daring, is that which makes a '*man of presence*' in the hour of impending danger or peril."

Walking or Sleeping, with the Mouth open.

"There is one rule which should be strictly observed by all in taking exercise by walking—as the very best form in which it can be taken by both the young and the able-bodied of all ages—and that is, *never to allow the action of respiration or breathing to be carried on through the mouth*. The nasal passages are clearly the medium through which respiration was, by our Creator, designed to be carried on. "God breathed into man's nostrils the breath of life," previous to his becoming a living creature.

"The difference in the exhaustion of strength by a long walk with the mouth firmly and resolutely closed, and respiration carried on through the nostrils instead of through the mouth, can not be conceived as possible by those who have never tried the experiment. Indeed, this mischievous and really unnatural habit of carrying on the work of inspiration and expiration through the mouth, instead of through the nasal passages, is the true origin of almost all diseases of the throat and lungs, *bronchitis, congestion, asthma*, and even *consumption* itself.

"That excessive perspiration to which some individuals are so liable in their sleep, and which is so weakening to the body, is solely the effect of such persons sleeping with their mouths unclosed. And the same exhaustive results arise to the animal system from walking with the mouth open, instead of—when not engaged in conversation—preserving the lips in a state of firm but quiet compression. Children should never be allowed to sleep, stand, or walk, with their mouths open; for, besides the vacant appearance it gives to the countenance, it aids in producing *coughs, colds, and sore throats*.

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Vol. VII.]

MARCH, 1860.

[No. 3.

THE LOSS.

WHO knows what a single hour may bring forth? of disappointment, vexation, sorrow, sickness, death, of sweetheart or pet puppy! One short hour ago, we toddled off to the printer's with the copy for the JOURNAL OF HEALTH for March in the pocket, and when nearly there, it was not in the pocket. And what does the reader suppose was the first emotion? It was, that it was providential; that most likely there were things in it which ought not to have been printed; and next, that we would return forthwith and make a better number. As for spending time in regretting any past mishap, it is sheer folly; it can do no good, and always does harm: for oftentimes the energy spent in vain regrets, or vexatious moodiness, would more than repair all the damages.

It was said of a great man that he had been engaged seven years in preparing a book for the press, and just as he had concluded the tedious task he left his study, to return in a few moments and find the manuscript burned to ashes; the light having been turned over by a favorite little dog. His only exclamation was, "O Diamond! little dost thou know the injury thou hast done!" and at once sat down to repair the loss.

Many a man would have kicked the poor little puppy out of doors, or hung him up instanter. But where would have been the philosophy of the thing? Pup "didn't go to do it!" and besides, his death would not have remedied the mischief.

A month ago we were at the *Knickerbocker* office. The discovery had just been made that the Magazine, the old-time favorite of its many thousand readers, and now the greater

favorite, by reason of the life, energy, and force which the untiring industry and energy Dr. Noyes has thrown into it, had a dozen pages or more of some other publication bound in among its leaves. Here was a predicament indeed. It was the day of publication. To serve it out in that plight, would have disgraced the whole establishment. We said to the secretary, who was looking at the mischief with a pretty long face: "Didn't you get mad when you found it out?"

"Get mad! and then feel mean about it!"

Which one of our readers can lay his hand on his heart, and say that he has not, many a time and oft, got mad at some unimportant thing, and talked and blamed and scolded for "ever so long," and, when the fume and froth and fury were all gone, felt as if it would have been the most delightful retreat in the world to have crept into an auger-hole; felt so particularly mean that he could not, by any possibility, have raised courage enough to look a man in the face?

The times are numberless at which we have seen travelers, at home and abroad, on land and sea, suffering the most pitiful mortification in consequence of some out-burst of passion. Let the reader feel assured it pays well under all great emotions to say not a word. It saves conscience, saves dignity, saves self-respect. "Get mad! and then feel mean about it!" Thank you, Mr. Green, for the embodiment of an idea of such practical every-day value, and that too in brave old Saxon monosyllables:

"GET MAD! AND THEN FEEL MEAN ABOUT IT!"

THE VICTIM.

WE have no time to study what subjects we shall treat of under the circumstances related on our first page, and as to remembering what we had written, that would be an impossibility. In five minutes the words of the pen are gone from the memory, utterly beyond reach.

But she was just eighteen, the only child of a retired merchant. Never was there a more indulgent father, never a more doating mother. That father had spent thirty long years bending over his desk. How sedulously had he made every entry! How late

in the night of every day was it that he found himself running over his "blotter" to see if he had forgotten an item! How to the latest verge of conscience had he gone every Saturday night over the balance-sheets! How through wind and rain and storm and snow he had regularly "gone on" to purchase goods twice a year? How many heart-aches he had endured in that "age" of business, in the failure of customers to "pay up;" in their questioning the correctness of some of the entries; in listening to interminable excuses for want of promptness. How often did it happen, when after having done all that he could possibly do, to "meet his own notes," the announcement was made just before the clock struck "three," that he must "take up" a customer's paper, on the faith of which he had obtained a "discount," or go to protest? How many nights he had slept not a wink in the apprehension that he might not be able to meet the "calls" of the coming day? How many times he had come home at night-fall more dead than alive, hungry, tired, dispirited, and sad, soliloquizing, "What's the use of all this?" and yet, turning his eye on his patient, quiet, beautiful wife, and the more beautiful blossom which nestled by her side, would find a new inspiration in the thought: It's not for me, it's for these!

How many times such things occurred in the course of that thirty years of mercantile life, none can say; the number was doubtless large, very large. But the sun of prosperity shone in a cloudless sky. Money multiplied on itself; and at the age of fifty-eight, he found himself a rich man, retired from business, the owner of a splendid mansion, the husband of as good a wife, the father of as sweet a child as any reasonable man could wish to have. On the second day of June, eighteen hundred and fifty-eight, we were consulted as to the health of that daughter. She was at school in a distant city. The "examination" was coming on. She had maintained a high position in school. Hers was the glory of being at the "head of her class." Her ambition was to maintain that position to the end. On inquiry, it appeared that she was so much "interested in her studies" that she would not give any time to recreation. She would even take her food in her hands, hurry off to school, eating and studying on the way. The moment she returned from school, her face was buried in her books; and thus it had been for weeks, months, may be years. Great nature never

allows an outrage against herself to be committed with impunity: neither youth nor beauty nor position nor gold ever bribed her; her laws are as immutable as adamant. The danger appeared imminent. It was counseled to abandon school. But as this was not assented to, we declined special advice. It was intimated that when the examination was over, (and it would only be a few weeks,) she could give full attention to herself. Not having seen her, we hoped that our fears were exaggerated. Still we felt as if every book had better be thrown in the fire; that not one single day should be allowed to be passed in a school-room, not an hour in study; that every moment in the beautiful out-doors was a treasure to her, and that the early morning and the later evening should find her in the saddle, scouring the hills of her own beautiful New-England. Only a few weeks! Why, it seemed to us, in its necessities, to be a million years' duration—in fact, an interminable time, irredeemable!

But she was anxious to graduate with honor. Parental kindness overreached itself. Moral firmness was wanting. And the school kept on. She graduated with great honor, and in the following June she died. The desolation of that household was immeasurable. "I see my error now," said the stricken father.

How many of our readers will take warning from this unvarnished narration of facts, and look with horror on those murderous stimulations of pride and ambition which are practised at almost all our schools? Practised always, to show off the teachers, without ever bringing one single benefit to the child. The price we pay for the education of our sons and daughters is, in ten thousand instances, the price of blood, paid for by the blasting of the hopes of a lifetime; the penalty, an age of desolation, a going down to the grave in an awful loneliness, for it is not merely to be alone, but the being attended with a remorse which death only can wipe out.

The victims to ill-advised applications at school and academy and college and seminary are numberless. Not, indeed, the applications themselves, but the injudicious habits and modes of life in connection with them.

We are all too much in a hurry to have our children graduate; to hasten their studies; to expedite their entrance on pro-

fessional life, with the result of an utter failure; or if the professional goal is reached, let the experience of the myriads of sufferers from various forms of disease testify, which torture the body and harrass the mind for the remainder of life, making it a martyrdom instead of a glory a gladness and an enduring joy.

UNITARIANISM.

Do not be alarmed, reader! We are a doctor of physic, not of polemic theology. Besides, we don't believe in blazing away at the religious beliefs of any body, for who, worth converting, was ever converted by a doctrinal dispute? Our general observation is, that when a man leaves the church of his birth, and goes over to another, he either is not worth having, in a sense, or his new friends in course of time wish they had never seen or heard of him. To this there are exceptions.

The busiest of created beings is the old fellow down yonder. Not exactly "down" either, we rather think that to say "in and about us" would be more literally correct. To head him off, Christian people must be wide awake, and must sleep, if at all, with one eye open. The necessity for this vigilant look-out, is especially great in cities, where the personage in question manages so generally to form an alliance, offensive and defensive, with the editorial fraternity. With the exception of such papers as the *Courier and Inquirer* and the *Commercial Advertiser*, and perhaps one or two others, no man can tell any morning that he shall not sit down to his breakfast with an outraged moral or religious sentiment.

What a poor, unfortunate, commiserable individual is an old "bach." You can tell him a mile off, more or less. There is a peculiarity in his physiognomy that is unmistakable. Right nice old fellows some of them are, so friendly, so deferential to the ladies, willing to do almost any thing in the world for them "in reason!" One of them came navigating around to our office within a week. We had not seen him for years. He wanted a "boarding-place." He did not expect to live, merely to exist. He had been roughing it so long in the world, knowing nothing of the softening influences of wife, children, and home, he seemed to have no ambition, no anticipation of any

thing softer than a board, hence he wanted our advice as to an eligible "boarding" place.

Now for the connection between the old boy, New-York editors, and this old "bach." The party first above named, as we said, is always very busy in "furthering his views," and being up to the ways of the world, he obtains the "assistance" of those who are most "handy" in aiding and abetting as to matters in hand. Thus he secures the editors first. So he procured several of them to advocate "Unitarianism," which they have done from time to time within a few months past, rather gingerly at first, so as to feel the public pulse, to break the ice like, throwing in an objurgatory now and then, so as not to excite special alarm all at once. One of these papers had gained our confidence somewhat, and through its representation we concluded to try Unitarianism the first convenient opportunity, which was "embraced" the moment the old "bach" gave out his idea. "Try the Unitarian plan awhile," said we.

"Unitarian! botheration on any thing unitarian. I hate every thing that has a unit about it. I have been a unit all my life, and I am becoming uniter every day. 'Friend after friend departs,' he and she, even now, I know almost nobody and nobody knows me, and very soon there will not be an eye to weep or a heart to sorrow, when this bag of bones is huddled into its last resting-place."

We saw that he was touchy, excitable, and fidgety, and at once put out a mollifying aura, and explained, that there were "unitary households" in New-York, where there were reported to be excellent rooms, accommodations, and company, at literally "cost" prices. This pleased him much, and he started out on a voyage of discovery. Now, our friend was an exemplary bachelor, a man of honor, of uprightness and morality. Meeting him on the street a few days later, we inquired "what progress?"

"All very fine. Large house. Prices satisfactory. Splendid parlors, faultless mirrors, curtains of the richest kind, and carpets of the orient,

"Soft as downy pillows are."

"Are you beatifically ensconced therein? Are you delightfully domiciled in such an elysium?"

"My dear Doctor, not a bit of it. I'm not quite green enough for that."

"What's the matter?"

"I don't like the principles of the place."

"Principles? Why they hav'nt got but one. One principle and one inference. They believe that 'cost' should be the 'limit of price,' and therefore, the millennium is at hand, as heretofore every thing has 'cost more than it came to,' hence all the hard times and misery in the world."

"Now, Doctor! you have known me at home and abroad, for very near a quarter of a century. We have slept under the same tree. We have bedded together on the same blanket on the boundless prairie, in forests untrodden by white man's foot before. We have watched at midnight against the common enemy on the same shipwrecked shore. We have divided together the last half-pint of water, and through it all, you have found me a man, and woman's best friend. The principal said to me: Our 'society' is unexceptionable. We estimate people from what we see. It is not our business to inquire if any woman is wife, maid, or widow. And now, Doctor, not to misrepresent, for I would not do a solitary human soul the smallest mite of harm, so I will not pretend to repeat the precise words, for my memory is poor, and I may not have heard very well, or the gentleman may have expressed himself imperfectly or awkwardly; all I can say is, that the impression made upon my mind, from what I thought I heard him say was, that he never inquired of ladies coming there whether they were maid, wife, or widow, and when they went away, they were all the same. Now Doctor, the good book says of the old, that 'fears are in the way.' I am getting old, and hence must be getting fearful. There is so much iniquity in this world, that I have become a boy again, and think there is, or may be, a bug-a-boo behind every stump; and may be, my inferences were illegitimate, deriving their impression from the auras of the homœopathic principles and entities about me. I am dull too. The brightness of youth is past. My perspicacity is more or less obtunded. The problem is beyond my solution. I believe I will stop in at Prof. Mitchell's on Union Square, only a block away. I understand he can solve problems a million, billion, quadrillions of miles away, and make them as plain as if you had them in your

hand. The problem which I wanted him to resolve into its original elements, and to expound with that crystal clearness for which he is so famous, is simply this, If a lady becomes a Unitarian, whether the blooming sweet 'queecher' of enrapturing seventeen, or the captivating widow of twenty-five, or of the angel wife, pure, loving, and true—I say, what I want to know is this, how they all come away the same when they get tired of the place. And if when they become the same, they naturally act like the people who hold the doctrine of falling from grace, they turn in and then turn out, and 'try the spirits,' first of one household and then another, getting to believe in the doctrine of Cowper, that

'Variety's the spice of life.'

We saw at once that our old-time friend was in a fog, just as dense as the one by reason of which our ship went to the bottom, leaving us "high and"—wet as drowned rats, to swim for shore or go right down to Davy Jones' locker. Once again we threw out the mollifying aura, quieted his nerves, and calmed his apprehensions, by saying he had better take things by the smooth handle, and cultivate the amiable spirit of him who "thinketh no ill" of his neighbor, advising him as we parted on the sidewalk, for we had been standing "stock still" on the same spot all this time, at the imminent risk of having our eyes gouged out by the expanded umbrellas of careless pedestrians, that it was an old-time policy of ours that the safest plan was the best plan in morals as well as in medicine; and further, that it was a prime principle in "doctoring," which common-sense corroborated, that if a man was made sick by any particular thing once, he should simply avoid it ever after, and that although very few persons had sense enough to adopt that rule, we thought there would be no difficulty in his applying the principle of the thing to the case in hand, to wit: As it was perfectly certain that being a unit had injured him, he had better give all unities a wide berth for the remainder of his days.

"Why Doctor! you are eloquent in this drizzle; cold water don't squench your oratory. You have convinced me, sir. I will take you hereafter, not only as my doctor, but as my priest. I'll pin my faith to the very tipmost extremities of your trowser-loons. I despise unity in any shape, matter, or form; it is my inmost antipathy. My stars! what handsome young lady was

that who passed just now? I'll step up and lend her my 'umbrell.' Oh! that's cousin Loo, she is over at the 'Everett,' the handsomest woman in New-York, a poetess too, rich, a wife and mother." His eyes fell, and he walked slowly and sadly away, muttering, "Every body double and happy but me," ending in a strain of song

"I won't be an un."

We heard no more. We are huge on being strictly literal, and suppose that if we had heard the remainder of the sentence it would have run thus:

"I won't be an unitarian."

Reader, may be he is, like you, wise too late!



PHYSIOLOGY.

AMONG the curses of modern times, greater than that of "the yellow-covered literature," or the infidel magazine, or the fiction-crowded monthly, are those innumerable little books, known usually by the heading of this article. They are written by unprincipled men or men so ignorant, that their impudence should be considered a crime. Their object is, by "illustrations," to induce a purchase, and then, by various means, to inflame the imagination and play upon the credulity of the reader first, and his fears next, so that by the time the end of the volume is reached, he is impressed with the profound knowledge of the writer, his undoubted skill, and the necessity of having the benefit of both speedily, and without regard to cost, to remedy existing imagined evils in his own case.

We are in the very frequent receipt of letters from various institutions of learning, showing clearly that the writers have long been laboring under an agony of apprehension as to all sorts of possible ills, and three times out of four with the confession that they have paid their money, sometimes reaching hundreds of dollars without having received the desired benefit. Sometimes, more than that, very often their letters show an amount of mental disquietude to have existed for years, enough to have sent the writers to a lunatic asylum. Some of these

letters come from a class of persons which we do not choose to name, and whom we would suppose would be ashamed to be found reading a duodecimo on "Physiology." Parents owe it to themselves to prevent their children from owning such books. In fact, in times like these, when mental poisons are distributed from sources which hitherto were considered respectable, when it is rare to find a publishing-house which is proof enough against the temptation to turn a penny, to refuse to print an article or a book written by a selling name, even if it has a no very hidden squinting towards obscenity or infidelity, we say that in such times, it becomes judicious parents to let both sons and daughters know in plain terms that no book is to be purchased or read by them without its being first submitted to their inspection, and that no newspaper, or magazine, or other periodical should be taken which was not uniformly on the side of the Bible, the Sabbath-day, and a sound morality. But the truth is that there is no magazine published in the United States, in our knowledge, which is suitable for common family reading of a practical, safe, and truthful character, unless they are so decidedly in the interests of a particular religious denomination as to disincline those not of that denomination to patronize it. **THE FIRESIDE MONTHLY** is such a periodical as one would think would have a wide circulation. It excludes fiction. It contains always plain, practical family articles, striking histories of the actual and true, articles suitable to the young and old, short, pertinent, and pure. It is not in the interest of any religious denomination, nor does it profess to be a religious publication at all. It is devoted to "science, literature, and practical life," but is by no possibility ever against the Bible, the Sabbath, the ministers of the Gospel, or an evangelical Christianity. It is not only not unacceptable to any sect of Christians, or party of politics, but can not fail to be read with interest and profit by any family, and yet nobody thinks of patronizing such a publication. At the age of six months it has not obtained a hundred subscribers. We make it pay, but no thanks to the public appreciation. We mention this as a striking indication of the taste of the times, of its vitiated character. The rage for pictures and fiction is such that publications which abound in both, sell by scores of thousands every week. These things are not mentioned with any expectation

that any special change will take place in consequence of it, but merely as an item of suggestive information to our habitual readers, and with the hope of impressing their minds with the practical fact that as the public taste is so generally vitiated as to the character of its reading, men without any high moral principle will fall in with the current, and will publish whatever will pay, making it necessary for those parents who really love their children to exercise a strict supervision over all they read, and especially the books referred to.

These books first acquaint the boy with the practices referred to, with the almost inevitable result of falling into them, or if they have been learned before, the fears of the reader are so worked upon that the most erroneous impressions are produced, impressions which lead to the injury, literally of "soul, body, and estate." If the mind is disturbed, do not apply to any "Association," to any man at a distance, but to a physician of respectability in your own town, and you will almost always find that your fears are almost if not wholly groundless. Where the trouble does exist, remember this plain fact, no medicine ever cured it. It may suppress for a time, to return inevitably. The only efficient remedy is in the right ordering of the habits of life and in the exercise of force of will.

DEATH-BED REPENTANCE.

AN old negro was on his dying-bed. Some one had done him a great injury, the forgiveness of which his faithful minister had labored hard to induce him to profess. At length, when just on the verge of the border-land, a strong last appeal was made:

"Tom, won't you forgive him?"

"Well, Massa, if I'm going to die, I suppose I must; but if I ever do get well, I'll give him another dig."

Our own impression, from long and special observation, is, that death-bed repentances have no reliable value; it is the repentance of desperation; there is no alternative, but that of the preached perdition! the straw is eagerly clutched at spasmodically, and not with a clear, discriminating, and intelligent

faith. The whole Bible gives but one saving case; one, that none might despair; only one, that none might presume!

Of all living men, the physician feels most deeply that a sick-bed is the unfittest of all places for that mental composure which must be essential to a proper attention to the "great concern."

In this light, the parading of the professed contrition of criminals through the newspapers is most injudicious; it is an unmixed evil. Its tendency on the minds of the living, the desperate especially, is pernicious. The soliloquy runs thus: "I knew him well. He was a scoundrel of the deepest dye, yet he died happy, and I can do the same thing—live a rascal and die a saint." Thus the fear of death and retribution is blunted, and the way paved for a greater abandonment to all wrong-doing. Hence the clergyman who steps in, and allows himself to be made a tool of in this regard, desecrates his holy office, and must be pitied for his ignorance or despised for his presumptuous impertinence.

A most remarkable case of this kind has occurred within a few days. Two clergymen, whose names were unknown to fame before, and we do not propose by mentioning them, to illustrate them into a greater obscurity, published in the daily papers, under their own signature, that the man just hanged was in their opinion innocent of the crime charged against him, and that they believed he died a Christian. Such a declaration was equivalent to bringing the law into contempt, a thing which a good citizen will never do. It was calculated to foster a spirit of hatred on the part of the friends of the deceased, and very many others, against the sheriff, jury, judges, the Governor of the State, and against law itself, which is the shield of all good men, and, as Paul says, "The ordinance of God."

This man was hanged for murdering his wife by administering poison, indicating the utmost deliberation—giving her poison while nursing her in her sickness! she, in her weakness, and all confiding, receiving it in love, as a means of cure. It is difficult to conceive of a more unpardonable crime. The poison was found in her stomach after death. The jury condemned him; the judge acquiesced in the wisdom of their decision. The case was tried a second, if not a third time, with the same result. It was then taken from court to court, with the same unvarying

verdict. The Governor of the State was appealed to in the last extremity, known of all, especially in the city of New-York, to be humane and generous beyond most men of his time; but he is also known to be judicious and inflexibly just. He declined to interfere with the course of the law, because he saw not a single point which could justify him in the exercise of his authority—not coming to this conclusion until he had carefully examined the whole case, with the aid of his official counsellor. And yet, here are two men, with a presumption literally unparalleled, who come forward and give the public, who had never heard of them before, their opinion, that this man was judicially murdered, because—he said he was innocent! when up to within forty-eight hours of his execution he had carried a revolver, either to shoot himself or the warden—fiercely denying, with pretended indignation, that he had a deadly weapon at all, which, however, he confessed he did have, when the officer took it out of his pocket! “He said he was innocent!” as if a man who would poison his wife, and carry a revolver for weeks, seeking an opportunity to use it on the warden of the prison, when by it a chance of escape occurred, as if such a man’s word was to be believed! If clergymen begin to aid in bringing the law of the land into contempt in this and other ways, the sooner all good people abandon it, the better. For if the law does not reign supreme, crime, debauchery, unthrift, destitution, disease, and death will. If the watchmen sleep, who shall guard the shepherds?

EXCITEMENT.

As a specimen of “the ways and means” for titillating the moral tastes of the people, we give a few of the fifty-four “Religious Notices” contained in the paper for Saturday, Feb. 11th. At the “head of the heap” is:

THE PURPLE AND FINE-LINEN GENTRY are not invited to Room No. 5, for they have received their consolation, (Luke 6: 24;) neither are the swinish and doggish multitude, for we are commanded not to cast pearls before swine, nor to give things holy unto dogs, (Matt. 8: 6;) nor are the Pharisees, lay and reverend, who outwardly appear to men to be righteous, (Matt. 23: 28;) but we do invite, most cordially and respectfully, all honest and good-hearted sinners of all classes to meet us there at 10½ A.M. every SUNDAY—all who desire to understand the Scriptures of the Old and New Testaments, which can alone make a man wise unto salvation, (1 Tim. 3: 15, 17.) The seats all free, and the teaching without money or price, (Isa. 54: 1, 4.)

No. 2 is, "Dr. Cahill vs. Protestantism." No. 3, "Absalom, the 'Fast Young Man.'" Then another gentleman with a double D and a D. V., promises to prove that the "Roman Catholics worship Saints, Angels, and Images." Another man asks, in large letters, "Are we to continue killing people according to law?" ending with a question in small letters: "Is universal salvation possible?" Next, "The messenger of the coming Saviour holds meetings" at, etc. Another, "The friends of religious liberty are invited to hear an exiled minister of Kentucky." Another "Gent" "lectures" on "marriage." This is certain to draw the young folks who want to get married, and who would like to learn the best mode of doing it. But is this the way to "win souls"? The Reverend Mistress Blackwell Brown preaches on "Divine Impartiality." An enterprising "Baptist" preaches "at the Baptistery" on the "Glory of Baptism." There is Bap all the way through. Bapto, Baptizo, Babble. The rear is appropriately brought up by the little end of nothing sharpened. "Andrew Jackson Davis is engaged to speak, etc. etc.," and finally "Mrs. Cora L. V. Hatch will speak at 3½ and 7½ o'clock at, etc."

The great mass of subjects named in the fifty-four notices are of a controversial character, and assuming that all are sincere, good people, it presents a sad spectacle of brother going to war against brother; and is equal to an invitation: "Come and see how well I can fight." Hyer, Heenan, Sullivan, etc., have often given precisely the same invitation. But suppose all these men were to change their subjects to such as these, "Come and see what the Lord hath done for my soul," "Repent, for the kingdom of heaven is at hand," the burden of the whole being "Peace and good-will to men and glory to God in the highest;" if such were the tenor and spirit of every discourse, it is reasonable to suppose a much larger measure of good would be accomplished on any Sabbath day.

All this kind of thing is theological quackery, and no durable good can come of it. No man can fill his church by advertising. The very necessity of it, shows that these men have no solid reputation or ability, any more than advertising doctors have. Medical quackery brings on insidious diseases, more destructive than those they attempt to cure. Moral and religious quackery will do the same thing.

SUCCESSFUL MEN.

WHO are they? They are those who, when boys, were compelled to work, either to help themselves or their parents; and who, when a little older, were under the stern necessity of doing more than their legitimate share of labor; who as young men had their wits sharpened by having to devise ways and means of making their time more available than it would have been under ordinary circumstances. Hence, in reading the lives of men who have greatly distinguished themselves, we find their whole youth passed in self-denials, of food, and rest, and sleep, and recreation. They sat up late, and rose early to the performance of imperative duties; doing by day-light the work of one man, and by night the work of another.

Said a gentleman, the other day, now a private banker of high integrity, and whom we knew had started in life without a dollar: "For years together I was in my place of business at sunrise, and often did not leave it for fifteen and eighteen hours."

Let not, therefore, any youth be discouraged if he has to make his own living, or even to support besides a widowed mother, or sick sister, or unfortunate relation, for this has been the road to eminence of many a proud name. This is the path which printers and teachers have often trod: thorny enough at times, at others so beset with obstacles as to be almost impassable; but the way has cleared, sunshine came, success followed, then the glory and renown!

A young man writes us: "I am an humble school-teacher; with the duties belonging to half a hundred pupils, I issue a monthly, printed nine miles away, and do all the folding, stitching, binding, and mailing of three thousand copies, with a deep feeling that good may be done. I hope I will succeed."

Certainly he will succeed! For he has the two great elements of success: a will to work, and a heart in the right place; a heart whose object is not glory, but good.

But too often has it happened that there comes in, between the manly effort and a glorious fruition, disease, crippling the body, depressing the mind, and wasting and wearing away the

whole man. Who does not remember grand intellects which have gone down in the night of a premature grave? Who has not seen young men with magnificent minds, standing on the borders, looking wistfully, oh! how wistfully! over, but unable to "go in and possess the land" only for the want of bodily health? A health by no means wanting originally, but sacrificed; pitilessly, remorselessly sacrificed by inattention and sheer ignorance; learned in every thing else; critically informed in every thing else; perfect masters of every thing else, except the knowledge of a few general principles as to the care of the body; principles which could be perfectly mastered in any twenty-four hours by a mind accustomed to think.

Within a few months two men have died in the very prime and vigor of mental manhood, being not far from fifty, one the first scholar of his time; the other, one of the very best and most useful men of the age; both of them the victims of wrong habits of life; habits framed in youth, and utterly repugnant to the commonest dictates of common-sense. Some of the most useful rules for the preservation of the health of the young, while obtaining an education, are these:

1. Keep the feet always dry and warm.
2. Eat thrice a day, at regular times; not an atom between meals; taking for supper only a piece of cold bread and butter with a single cup of any warm drink.
3. Go to bed not later than ten o'clock, and never remain there longer than eight hours at farthest, not sleeping a moment in the day-time.
4. Cool off with the utmost slowness after all forms of exercise; never allowing an instant's exposure to the slightest draught of air while in a state of rest after that exercise.
5. If the bowels fail of acting daily, at the regular hour, eat not an atom until they do, but drink all that is desired, and give more time than usual to out-door exercise, for several days.

These five rules can easily be remembered, and we appeal to the educated physicians of all lands for confirmation of the truth of the sentiment, that a judicious habitual attention to them is essential to the preservation of sound health, and the maintenance of a good constitution the world over. Their proper observance would add a young lifetime to the average age of man.

NOTICE.

HAVING repaired the loss of twenty-four hours ago, by a new programme of subjects, we trust that it will cost no one any thing, except a hard day's work for ourselves. If the finder of our manuscript for March can make any thing out of it, or can decipher enough to learn that it belongs to 42 Irving Place, we may be saved some work for April. If it never comes to hand, we will only say, that there were valuable crumbs of comfort given to Northern men with Southern principles, or Southern principles with Northern men, or Northern principles Southern, or something of that sort. It's all mixed up some how, and our mishap has put us in such a hurry we hadn't half time to enjoy the turkey-dinner to-day specially provided for our children, who were all at home from school. Our Southern correspondent who inquires of us so courteously to know whether we were on the fence, on the great black and white question, has, no doubt, leisure to unravel the complication. Most Southerners have time, because they have other people to do the work for them. Wish some body would come and work for us a spell. In the event, however, that he is not disposed to thus employ himself, we advise that he purchase the six bound volumes of HALL'S JOURNAL OF HEALTH, price only seven dollars! and he will be certain to find interspersed through its pages, not only that we have thought and written about slavery, but that much good advice about health and good morals has also been given, the practice of which will be well calculated to make him a wise, healthy, happy, and good man, if he is not so already. We will vouchsafe this much, however, that in a sense we are on the fence, which pre-supposes that we are also out of the mud, above the fierce combatants; looking complacently down on the indignation of the one, and the needless excitement of the other. It must not be supposed, however, that we have no creed, or are afraid of our faith! Not a whit more than the editors of the *New-York Observer* are supposed by some to be. Our principles are solid, substantial, valuable. They are the principles of nine tenths of the sensible and insensible men North and South, with the women and children thrown in. In fact, we go with the majority. Like the London *Times* we sail with the tide. We

follow the straws. That is the reason we get along so smoothly. Having thus plainly declared our creed, we take leave, with all due respect, of our Southern correspondent, with the request that he will send us a telegram, at his earliest convenience, when he has got hold of the right end of the string.

N. B.—To our other subscribers, who have not the advantage of having the “key” which is in the possession of our correspondent, we will merely say that the principles of which we have spoken in such high terms are seven in number, to wit: “The five loaves and two fishes.”

A REWARD.

FIFTEEN cents will be paid to the finder and deliverer at Forty-Two Irving Place, New-York, of a roll containing, first, a piece of a newspaper covering a copy of the February Number of HALL'S JOURNAL OF HEALTH, and eleven smaller rolls of the off-sheets of old letters, etc., containing a great variety of hieroglyphics pertaining more or less directly to the following subjects:

Knowing and Unknown.	“Surfeiting and Drunkenness.”
Northern Butcheries.	Life Saved.
Health and Palmerston.	Faulty Construction of Churches.
Fever and Ague.	Instinct of Appetite, etc., etc.

Ten cents will be paid for the JOURNAL alone, or five cents and no thanks for the manuscript.

RAILROAD SAFETY.—Of the millions of passengers traveling in the cars of the New-Jersey Railroad, in a quarter of a century, not a single life has been lost of any passenger who was in his proper place at the time of any accident. The Camden and Amboy road has never been operated with greater regularity, safety, and comfort to passengers than now.

SEWING-MACHINES.—The wife of one of the most prominent and influential citizens said yesterday, if Wheeler and Wilson's Sewing-Machines had the patent needle threader, requiring little use of the eye, it needed nothing more to be a perfection. Why don't they have it?

DR. JOHN ELLIS has published, at room No. 20 Cooper Institute, New-York, a dollar book of 348 pages on *The Avoidable Causes of Disease, Insanity, and Deformity*, under the motto: “The prevention of disease is better than its cure.” It contains a vast amount of interesting, reliable, and practical information. We recommend it because he is worse than a homoeopath: he gives no medicine at all. H. B. Price, publisher, 884 Broadway, keeps it. Postage ten cents extra.

HEALTH TRACT, No. 14.

W I N T E R S H O E S .

(From Hall's Journal of Health, 42 Irving Place, New-York.)

LIKE the gnarled oak that has withstood the storms and thunderbolts of centuries, man himself begins to die at the extremities. Keep the feet dry and warm, and we may snap our fingers in joyous triumph at disease and the doctors. Put on two pair of thick woollen stockings, but keep this to yourself; go to some honest son of St. Crispin, and have your measure taken for a stout pair of winter boots or shoes; shoes are better for ordinary, every-day use, as they allow the ready escape of the odors, while they strengthen the ankles, accustoming them to depend on themselves. A very slight accident is sufficient to cause a sprained ankle to a habitual boot-wearer. Besides, a shoe compresses less, and hence admits of a more vigorous circulation of blood. But wear boots when you ride or travel. Give directions also to have no cork or India rubber about the shoes, but to place between the layers of the soles, from out to out, a piece of stout hemp or tow-linen, which has been dipped in melted pitch. This is absolutely impervious to water—does not absorb a particle, while we know that cork does, and after a while becomes “soggy” and damp for a week. When you put them on for the first time, they will feel “as easy as an old shoe,” and you may stand on damp places for hours with impunity.

CURE FOR CORNS.

CORNS are caused by too tight or too loose shoes, and sometimes in the bottoms of the feet by the wooden pegs protruding through the soles of the shoe, by the neglect of the maker to rasp them off sufficiently smooth.

Medical books record cases where the injudicious paring of corns has resulted in mortification and death. The safest, the best, the surest plan is to never allow a corn to be touched with any thing harder than the finger-nail. As soon as it becomes troublesome enough to attract attention, soak the foot fifteen minutes, night and morning, in quite warm water; then rub two or three drops of sweet oil into the top of the corn, with the end of the finger. Do this patiently for a couple of minutes. Then double a piece of soft buckskin, something larger round than a dime, rather oblong. Cut a hole through it large enough to receive the corn, and thus attach it to the toe. This prevents pressure on the corn, which always aggravates it, and in less than a week the corn will generally fall out, or can be easily picked out with the finger-nail, and will not return for many weeks or months; and when it does return, repeat the process. No safer or more efficient plan of removal has ever been made known.

NEW SHOES MADE EASY.

ALL part from an old shoe with special reluctance, because of the easiness of its adaptation to the foot. To put on a “bran new” boot or shoe, with the easy fitting of the discarded old one, is well worth knowing how to do. It is only necessary to keep a secret. Before you have your measure taken, put on two pair of thick stockings, and let Crispin go ahead. The new pair will be almost as easy as the old.

HEALTH TRACT No. 15.

G R O W I N G B E A U T I F U L .

(From *Hall's Journal of Health*, 42 Irving Place, New-York.)

PERSONS may outgrow disease and become healthy by proper attention to the laws of their physical constitution. By moderate and daily exercise men may become active and strong in limb and muscle. But to grow beautiful, how? Age dims the lustre of the eye, and pales the roses on beauty's cheek; while crowfeet, and furrows, and wrinkles, and lost teeth, and gray hairs, and bald head, and tottering limbs, and limping most sadly mar the human form divine. But dim as the eye is, as pallid and sunken as may be the face of beauty, and frail and feeble that once strong, erect, and manly body, the immortal soul, just fledging its wings for its home in heaven, may look out through those faded windows as beautiful as the dew-drop of a summer's morning, as melting as the tears that glisten in affection's eye—by growing kindly, by cultivating sympathy with all human kind, by cherishing forbearance towards the follies and foibles of our race, and feeding, day by day, on that love to God and man which lifts us from the brute, and makes us akin to angels.

W E A K E Y E S .

WILLIS ON HALL.

(From the *Home Journal* of Jan. 28, 1860.)

A GOOD HALL.—A "very good haul," indeed, does he get, every month, who with a *net* dollar, takes the "Journal of Health," edited by HALL the Doctor! Of the pocket-wisdom most wanted, plain, pithy and pertinent, this little periodical, in our opinion, is the very purse. Now, what weak-eyed man or woman, for instance, will not be wiser for the following: "Many who are troubled with weak eyes, by avoiding the use of them in reading, sewing, and the like, *until after breakfast*, will be able to use them with greater comfort for the remainder of the day, the reason being, that in the digestion of the food the blood is called in from all parts of the system, to a certain extent, to aid the stomach in that important process; besides, the food eaten gives general strength, imparts a stimulus to the whole man, and the eyes partake of their share."

THE DOOR-BELL REQUIEM.—To the belle men no longer adore, a *door-bell* tolls the requiem, (with its fewer-and-farther betweenities on New-Year's day,) or so seems to think Dr. Hall. Ah! the poetry there is—or might be—under the following statement of it in prose! "There are maiden ladies, who, some years ago, numbered their callers by dozens and scores, and even hundreds; but for a few years past they have fallen off in geometrical progression, and now the diminution is really frightful. Formerly, when youth and beauty were theirs, the *door-bell* began to tingle as soon as the clock struck nine of the morning, with scarcely an intermission until it verged toward midnight. But now how great the change! Merry voices are heard outside, but they do not greet their ears; brisk footfalls sound on the pavement, but they do not stop at their doors, and a weary forenoon has almost passed away with only one or two visitors to break the disturbing monotony, former visions begin to assume more tangible shapes and the embodied idea stands out in high relief—*Passée!*"

HEALTH TRACT, No. 16.

MEASLES AND CONSUMPTION.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

THIS disease prevails extensively in cities during the winter season, and will usually cure itself, if only protected against adverse influences. The older persons are, the less likely they are to recover perfectly from this ailment, for it very often leaves some life-long malady behind it. The most hopeless forms of consumptive disease are often the result of ill-conducted or badly managed measles. In nine cases out of ten, not a particle of any medicine is needed.

Our first advice is, always, and under all circumstances, send at once for an experienced physician. Meanwhile keep the patient in a cool, dry, and well-aired room, with moderate covering, in a position where there will be no exposure to drafts of air. The thermometer should range at about sixty-five degrees, where the bed stands, which should be moderately hard, of shucks, straw, or curled hair. Gratify the instinct for cold water and lemonade. It is safest to keep the bed for several days after the rash has begun to die away. The diet should be light, and of an opening, cooling character.

The main object of this article is to warn persons that the greater danger is after the disappearance of the measles. We would advise that for three weeks after the patient is well enough to leave his bed, he should not go out of the house, nor stand or sit for a single minute near an open window or door, nor wash any part of the person in cold water nor warm, but to wipe the face with a damp cloth. For a good part of this time the appetite should not be wholly gratified; the patient should eat slowly of light nutritious food. In one case, a little child, almost entirely well of the measles, got to playing with its hands in cold water; it gradually dwindled away and died. All exercise should be moderate, in order to prevent cooling off too quickly afterwards, and to save the danger of exposure to drafts of air, which, by chilling the surface, causes *chronic diarrhæa*, if it falls on the bowels; *deafness for life*, if it falls on the ear; or *incurable consumption*, if it falls on the lungs.

THE easiest method of securing an erect and manly carriage is to walk with the chin slightly above a horizontal line, as if looking at something higher than your own head.

HEALTH TRACT, No. 17.

SABBATH PHYSIOLOGY.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

THE Almighty rested one seventh of the time of creation, commanding man to observe an equal repose. The neglect of this injunction will always, sooner or later, bring mental, moral, and physical death.

Rest is an invariable law of animal life. The busy heart beats, beats ever, from infancy to age, and yet for a large part of the time it is in a state of repose.

William Pitt died of apoplexy at the early age of forty-seven. When the destinies of nations hung in a large measure on his doings, he felt compelled to give an unremitting attention to affairs of state. Sabbath brought no rest to him, and soon the unwilling brain gave signs of exhaustion. But his presence in Parliament was conceived to be indispensable for explanation and defense of the public policy. Under such circumstances, it was his custom to eat heartily substantial food, most highly seasoned, just before going to his place, in order to afford the body that strength and to excite the mind to that activity deemed necessary to the momentous occasion. But under the high tension both brain and body perished prematurely.

Not long ago, one of the most active business men of England found his affairs so extended, that he deliberately determined to devote his Sabbaths to his accounts. He had a mind of a wide grasp. His views were so comprehensive, so far-seeing, that wealth came in upon him like a flood. He purchased a country seat at the cost of \$400,000, determining that he would now have rest and quiet. But it was too late. As he stepped on his threshold after a survey of his late purchase, he became apoplectic. Although life was not destroyed, he only lives to be the wreck of a man.

It used to be said that a brick kiln "must be kept burning over the Sabbath;" it is now known to be a fallacy. There can be no "must" against the divine command. Even now it is a received opinion that iron blast furnaces will bring ruin if not kept in continual operation. Eighteen years ago, an Englishman determined to keep the Sabbath holy as to them, with the result, as his books testified, that he made more iron in six days than he did before in seven; that he made more iron in a given time, in proportion to the hands and number and size of the furnaces, than any establishment in England which was kept in operation during the Sabbath.

In our own New-York, the mind of a man who made half a million a year, went out in the night of madness and an early grave in only two years, from the very strain put upon it by a variety of enterprises, every one of which succeeded.

"It will take about five years to clear them off," said an observant master of an Ohio canal-boat, alluding to the wearing-out influences on the boatmen, who worked on Sabbaths as well as other days. As to the boatmen and firemen of the steamers on the Western rivers, which never lay by on the Sabbath, seven years is the average of life. The observance, therefore, of the seventh portion of our time for the purposes of rest is demonstrably a physiological necessity—a law of our nature.

HEALTH TRACT, No. 18.

THE BEST HAIR-WASH.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

A SOUTHERN correspondent says: "In the matter of a hair-wash, in a recent number of the JOURNAL OF HEALTH, I have received a thousand times its cost, and it has also been a benefit to many others."

Make half a pint soap-suds with pure white soap and warm water, on rising any morning; but before applying it, brush the whole scalp well, while the hair is perfectly dry, with the very best Russia bristle brush, scrub back and forth with a will, let not any portion of the surface escape. When brushing the top and front, lean forward, that the particles may fall. After this operation is finished, strike the ends of the bristles on the hearth or on a board, next pass the coarse part of the comb through the bristles; next, brush or flap the hair back and forth with the hand until no dust is seen to fall; then with the balls of the fingers dipped in the soap-suds, rub the fluid into the scalp and about the roots of the hair; do this patiently and thoroughly. Finally, rinse with clear water, and absorb as much of the water from the hair as possible with a dry cloth; then (after allowing the hair to dry a little more by evaporation, but not to dry entirely) dress it as usual, always, under all circumstances, passing the comb through the hair slowly and gently, so as not to break any one off, or tear out any one by the roots.

By this operation the alkali of the soap unites with the natural oil of the hair, and leaves it perfectly clean and beautifully silken, and with cold water washings of the whole head and neck and ears every morning, it will soon be found that the hair will "dress" as handsomely as if "oiled to perfection;" with the great advantage of conscious cleanliness, giving, too, the general appearance of a greater profusion of hair than when it is plastered flat on the scalp, with variously scented hog's fat, as is the common custom.

It has been recently established, in a court of justice in the city of New-York, that one of the most popular hair-washes ever known was made by adding a little alcohol, scented with a perfume, to common soap-suds.

HEALTH TRACT, No. 19.

WEARING FLANNEL.

(From *Hall's Journal of Health*, 42 Irving Place, New-York.)

IN our climate, fickle in its gleams of sunshine and its balmy airs, as a coquette with her smiles and favors, consumption bears away every year the ornaments of many social circles. The fairest and loveliest are its favorites. An ounce of prevention in this fatal disease is worth many pounds of cure, for when once well seated, it mocks alike medical skill and careful nursing. If the fair sex could be induced to regard the laws of health, many precious lives might be saved; but pasteboard soles, the low-neck dresses, and lilliputian hats, sow annually the seeds of a fatal harvest. The suggestion in the following article from the *JOURNAL OF HEALTH*, if followed, might save many with consumptive tendencies from an early grave:

"Put it on at once; winter and summer nothing better can be worn next to the skin than a loose red woollen shirt; 'loose,' for it has room to move on the skin, thus causing a titillation which draws the blood to the surface and keeps it there; and when that is the case no one can take cold; 'red,' for white flannel fulls up, mats together, and becomes tight, stiff, heavy and impervious. Cotton-wool merely absorbs the moisture from the surface, while woollen flannel conveys it from the skin and deposits it in drops on the outside of the shirt, from which the ordinary cotton shirt absorbs it, and by its nearer exposure to the air it is soon dried without injury to the body. Having these properties, red wool flannel is worn by sailors even in the midsummer of the warmest countries. Wear a thinner material in summer."

TO CONSUMPTIVES.

You want air, not physic; you want pure air, not medicated air; you want nutrition, such as plenty of meat and bread will give, and they alone; physic has no nutriment; gasping for air can not cure you; monkey-capers in a gymnasium can not cure you; and stimulants can not cure you. If you want to get well, go in for *beef and out-door air*, and do not be deluded into the grave by advertisements and unreliable certifiers.

THREE ESSENTIALS.

THE three great essentials to human health are: Keep the feet always dry and warm; Have one regular action of the bowels every day; and Cool off very slowly after all forms of exercise.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

APRIL, 1860.

[No. 4.

BREAD AND MILK.

THE "staff of life" is different in different countries. In Kentucky, it is "hog and hominy," and that it "agrees" pretty well with the people, is evidenced from the fact, that in our native county, and which may be considered the model county of the State, in respect to the richness of its soil, the weight of its pigs, the fatness of its cattle, and the unsurpassable beauty of its woodland, blue-grass pastures, dotted with thousands and tens of thousands of cattle grazing, in the brightness of a June morning—in this same county of Bourbon, whence comes the best whisky, the best bacon, and the best beef in the land, there are also found the best specimens of giant growth among its men, not only in body, but in mind. As to physical development, there are whole families whose average height is six and a half feet. As to mind, let us see, taking Paris as a center, with a "spoke" (of a wheel—a good many may not know what a radius is) twenty miles long, there have grown up into life, notice and renown, such men as, putting the Editor of the JOURNAL OF HEALTH first for the convenience of a gradual accretion of greatness, "topping off" with the greatest man of all nations of the present age; and lest it might be forgotten, we will repeat; there is, in the first place, the Editor of HALL'S JOURNAL OF HEALTH to begin with; next, Tom Corwin, the wagon-boy; Dr. Durbin, the great Methodist divine, and who now maintains the same relative position here in New-York; and Dr. T. A. Mills, the right-hand man as to mind and efficiency in the New School Presbyterian Church, pronounced its "leader" by the New-York *Observer* and the *Evangelist* also. Then there

is Dr. B. W. Dudley the elder, who, as a successful surgeon and physician, has had no equal in modern times, his great agents being nature, brown bread, and warm water; he having been our medical teacher, we took our cue from him, hence our large quantum of common-sense—theoretically, for does any body suppose we practice half what we preach in this JOURNAL? very clear of it. Why should we? We have good health, and always have had it, and why should we be bothered with innumerable “rules and regulations,” making of ourselves a very slave? It is one of the very worst kind of tyrannies to bring yourself into the predicament of breathing and talking by rule. With a few cardinal principles, a man, as far as the preservation of health is concerned, may live above rules, at least until he gets old and rickety; then, indeed, he must be propped up and live by “rote;” indeed, the old and infirm will always live the longer by so doing.

One of Dr. Dudley's favorite counsels was :

“Young gentlemen, observe Nature and obey her laws; let her alone; never interfere with her, but follow out her indications.”

Those few plain words embrace the whole range of practical medicine; they include anatomy, physiology, melancholy, obstetrics, botany, and medicamentum!

“OBSERVE NATURE AND FOLLOW HER INDICATIONS!”

These half-a-dozen words are the foundation of all practical hygiene; and if the young gentlemen from our medical schools could retain their perfection in anatomy and physiology, forgetting every thing else, and would observe Nature accurately and follow wisely her indications, and the people, nine tenths of the apothecaries of the nation would have to close their doors within a year, especially if the people had the minutest mite of common-sense, and would show it, by never taking even a homeopathic pill without special medical advice.

It is interference with nature which kills multitudes of those who die of disease, as it is the defiance of her laws which made those multitudes sick.

As we were saying, making Paris, Bourbon county, Kentucky a center, with a radius of twenty miles, a circumference will be described, within which have sprung into honorable notoriety, a young multitude (or baker's dozen) of names, (one

of which is ours, let it be remembered,) of which any age or nation might be proud. Some of these we have mentioned; among the others worthy, are Alexander, the Hawaiian Missionary, and "Bob Breckenridge," the John Knox of modern Presbyterianism, the Politico-Divine, whose great mind and greater heart have lately so grandly commended themselves to the sober, conservative, and patriotic masses of the nation by his Union letter to his nephew, the Vice-President of the United States, which letter can well be placed side by side with an ecclesiastical document of his composing, the (Presbyterian) famous "Act and Testimony," the adoption and adherence to which, quieted the troubled waters of his Church, and at the same time laid the foundation for that peace and prosperity which now crowns Old School Presbyterianism, and which aids in making it one of the most conservative of all Christian sects; conservative in principle, in practice, and in wide-reaching influences. Why, the Union can't dissolve with such a heaven within it? Well, we have stuck to the text with a vengeance.

If any body can tell what connection there is between bread and milk and "Bob Breckenridge," it is more than we can do, unless it be the connection of disconnection, a kind of antipodal Union; for bread and milk suggests milk and water, which in turn is associated with that multitude which no man can number, of dodling wishy-washy nonentities who are of no account to themselves or any body else, the dead-weights to all that is great and good. Well, the "connection" between "Bob Breckenridge" and milk and water is impossible, and we rather think this is a good place to break off at, and we will toddle back to first principles, at least so far as to say, that within the famed circumference, not that magnificent unique square which the *New-York Times* described during the late war, other names still have become famous, such as Drs. Charles Caldwell and John Esten Cook, of Transylvania University, Dr. Rice of Chicago, and last of all, the friend and neighbor and peer of Breckenridge, the friend of "The Constitution, the Union, and the enforcement of the Laws," and the friend of man—Henry Clay!

Perhaps, not until their greatness was achieved, did either of these names ever pass a day in Kentucky, in which they did not eat hog or hominy, or both, with perhaps a reasonable pro-

portion of the spirit of "old Bourbon" besides; for when we were growing up with the great men named, it was considered a breach of politeness, of which the veriest boor would have been ashamed, not to place a bottle of whisky and a glass to every caller. How we all lived through it, may admit of debate; and as argument (domestic ones especially) is our mortal antipathy, by reason of the fact of our never failing to come out of it second-best, we leave it to our readers to debate at their leisure, and decide for themselves whether all of us survived by reason of the whisky antagonizing the destructive nature (so claimed by some) of the pork, or whether the pork was an antidote to the whisky, or whether, indeed, eating pork and drinking whisky daily, made a grand system of feeding, which gave splendid bodies and more magnificent minds. We ourselves ate the pork, but never "took to whisky-drinking," hence, possibly, the reason that the mind is so far ahead of the body.

The staff of life for New-England, the three articles daily used by the men who grew up over thirty years ago, were pork, molasses, and rum; but as the last two articles were the products of slave labor, which was against their principles, yet patronizing slave labor contrary to their principles, conscience, being systematically and deliberately violated, worried the mind. Now, no person can thrive or grow fat when the mind is distressed; it may be argued that this is the reason why there are so many thin, skinny Yankees scattered around every where. Not only lean in body but lean in morals and faith. At all events, they do say, that New-England is becoming more reprobate, going further away from the faith of their fathers, trending towards infidelity, and as Dr. Scudder says, a veritable pantheism; the Sabbath day worship of some of their theological lights being conducted without prayer or praise or reading of the "word," but a simple cold "speak" or address. Some may say that there is no connection between a dwarfed theology and a feeding on pork, rum, and molasses against the conscience. At the same time, it is an opinion gaining prevalence with thoughtful minds, that something is at work in eating out the stern piety and the Bible theology of glorious New-England of the olden time. While the land of the Puritans, with its codfish and potatoes, its Jamaica rum and pumpkin-pies,

gives such men as Parker and Emerson and Phillips and Holmes and Garrison, Tennessee with its corn-bread and bacon, its potatoes and its beef, gives a Blackburn, a Gallaher, a David Nelson and a host of other worthies, with a Sam Houston and an Andrew Jackson to lead them.

Beef is the staff of life to sturdy John Bull, or rather beef and beer, and no such nation ever existed as that same grand English people ! great for ages past and will be great for ages to come !

In China and Japan, rice is the alpha and omega of teeming millions, as bread and wine is that of the grand nation which has given to the world two Napoleons and a list of savans who shine in the coronet of France as stars of the first magnitude glitter in the clear sky of night.

But bread and milk is the staff of life to all juvenility ; children thrive upon it the world over, until they reach a certain age, when more substantial food is needed, at least north of the tropics.

In Germany, sour kroust (vinegar and cabbage) is the staff of life ; and at once the image of a fat Dutchman rises before us with his smoke-pipe and his pot of Lager, all jolly, rubicund, and a mile round ; but in a trice he vanishes from sight, in transcendental mazes lost !

But here come the Jews, whose staff of life is *not* pork, and a long line of patriarchs, and apostles, and prophets file away before us in holy memories ; and coming down to later times we find them kings in music and in song, in painting and in finance, and the autocrat and the emperor besiege their doors, and say to a Rothschild, We can not go to war unless you let us have the money.

A long circumbendibus have we made ; we have doubled and trebled the famous barn of Robin Hood, in order to come to a practical focus, and which common-sense might have taught any man with two ideas ; it is this, national greatness and individual eminence do not depend materially on what a man feeds. Nor does robust health belong to a man mainly because he eats this and refuses that ; but a wise providence has so ordered it, that the people of a clime may live and thrive and be happy and great by the products of that clime, and that in individual constitutions, there is an adaptability by which

men can live in health any where, whether to the manor born or not, only if they eat and drink in moderation any of the good things about them. In short, the world was made for man, by that Father whose boundless goodness has provided for him all things richly to enjoy. Those who do not indulge in the wholesome variety which has been prepared for them, but insist on discarding this, that, and the other, finally come down in their vagaries, until a man writes a book of two hundred pages to prove that meats are forbidden, and that if we don't quit eating so much wheat-bread, the bone will become so brittle, that every time a man stumps his toe, said bones will snap like pipe-stems, closing by suggesting as the surest means of living long in vigorous health, that men should live almost exclusively on grapes. We know he made one convert, for sometime after, we chanced to drop in at the old Clinton Hall, where a phrenological lecture was grinding out. A black-headed, pale-faced, lantern-jawed young clerk was on the stand and the phrenologist's fingers were on his head. Silence prevailed! At length Sir Oracle spoke: "You are deficient in vitality and in brains, and the only safe plan for you to pursue is to take out-door exercise and live on grapes."

It is a notable coincidence that these exclusives, either have no brains to begin with, or they grow weak in the upper story with marvelous rapidity on their watery diet. We can tell one of them on Broadway as far as we can see him, if a "him" at all; the sure signs are the parted hair, sprangling over a greasy coat-collar, with a dusty musty beard, a mile long, more or less, and that peculiar impudent look which is known at first sight; but if it be a "her," she is rendered distingué by the short hair, the short dress, the man's hat, and a man's brass.

It is a maxim of ancient date, misery loves company, and just as true, that kind loves kind, and birds of a feather flock together. The timbers of a ship dashed to pieces on the rocks, come together at last on the shore; it is on this principle perhaps, that wooden-headed people are found all in heaps, are vastly gregarious. Well, a wooden head and a weak head being pretty much the same thing, may account for the fact, that upon the announcement of any novelty to which the public are invited to attend, such as a Bloomer lecture, a wo-

man's rights address, a phrenological examination, a health convention, or any thing of that nature, the assembly is sure to be made up of a "so-so" looking crowd; neither high nor low, but a kind of mediocrity, with the vulgar look or twang predominating; and if any one characteristic is in the ascendant, it is a kind of impudent swagger in the men; and in the women—"schuze me," as our little Alice says; he who speaks disrespectfully of a woman has no music in his soul, and is fit for treason, strategems, and spoils; therefore we won't do it, especially as the most tantalizing sight we ever had, was a jaunty Bloomer of seventeen, black eyes, and a world of curls.

But how is it that when we meet a vegetarian, he is almost sure to be a phrenologist, a free lover, a root-doctor, a woman's rights, a mesmerist, a spiritualist, a socialist, a cold waterist, a ranting abolitionist, an abnegator of the Bible, the Sabbath-day, and "the religion of his fathers!" The Editor is persuaded that observation will carry him out in the assertion, that in the vast majority of cases, a man who advocates one of these isms, will, if pressed, advocate them all. We say this in no spirit of ridicule or intolerance, but utter it as a fact, with a view to drawing a wholesome, truthful, and practical lesson therefrom; and it is this, that in health, in dietetics, in ethics, in politics and religion, extreme views are always unsafe, disorganizing, and destructive; and that the wisest plan, especially for the young, for women, and for all uncultivated minds is to make the fact that a thing is radical, extreme, or new, a most conclusive reason for keeping aloof from it, until the clergyman or other educated or mature-minded person of the place, has given it a thoughtful examination and an unequivocal approval.

THRIFT AND HEALTH.

By returns made to the Registrar-General in France, it appears that persons who are "well to do" live, on an average, eleven years longer than those who are dependent on their daily labor. One reason for this is, the health-giving influence of composure of mind; another, that forehandedness removes the necessity for hard exposures. The same important truth is

shown by the fact that the average life of those who belong to the Society of Friends in England is some fifteen years greater than of others in the same sphere of life, the Friends being, the world over, models of thrift and quiet composure.

As judicious economy promotes thrift, we propose it to our readers as a good medicine—a medicine safe and efficient, applicable to all climes, countries, and classes. It is “hard to take” to some, but steady persistence in its practice soon makes it a habit, when it is rather easier to be economical than to be extravagant.

Extravagance, waste, and carelessness not only ruin those who practice them, but have a demoralizing effect on those who may be benefited thereby in a material point of view. Persons seldom thrive whose occupations or modes of obtaining a living depend on chance, are in a great measure fortuitous or uncertain—such as gamblers, stock-brokers, robbers, wreckers, hunters, miners, office-holders, and speculators in general. Hence those parents are wisest who bring up their children to the expectation of making a living or of becoming rich by some one occupation which brings with it gains which are moderate, uniform, and steady. As a general rule to young men, the first political or salaried office, the first bet won, the first successful speculation, is at the same time the first step towards material unthrift, towards moral degradation, and towards a premature grave.

AVERTING DISEASE.

THE very instant the scientific engineer observes any thing is wrong on ship, or train, or engine, he cuts off the supply of steam; so the very moment there is any sensation about the body sufficiently decided to attract the attention unpleasantly, that very moment should all supply of food be cut off; not an atom should be swallowed, at least until there has been time to ascertain the exact nature of the trouble.

If cutting off the supply of steam is not adequate to the rectification of the mischief, the next step taken is to work off the steam already generated; so, if abstinence from food is not sufficient to remove a given symptom or ailment, means should be

taken to diminish the amount of that which the food previously eaten has made, that is, blood, including waste.

Pain is a blessing ; it is the great life-preserver ; it is the sleepless, faithful sentinel which gives prompt warning that harm is being done. All pain is experienced through the nerves ; they telegraph it to the brain, and there the mind takes note of it. Pain is the result of pressure on or against a nerve ; that pressure is made by a blood-vessel, for there is no nerve without a blood-vessel in close proximity. A blood-vessel is distensible, like an India-rubber life-preserver—both may be full and yet may be fuller. In health each blood-vessel is moderately full ; but the very moment disease, or harm, or violence, by blow or cut or otherwise, comes to any part of the body, nature becomes alarmed as it were, and sends more blood there to repair the injury—much more than is usually required ; that additional quantity distends the blood-vessels, and gives disquiet or actual pain. In these cases this increased quantity of blood is called “inflammation ;” and if there is not this increased flow to the injured part, there is no healing, and that part dies, unless some stimulating application is made.

But pain comes in another way. If a man eats too much, or is constipated, or by some other means makes his blood impure, it becomes thickened thereby, and does not flow through its channels as freely as it should ; hence it accumulates, dams up, congests, distending the veins, which in their turn make pressure on some adjoining nerve, and give dull pain. This congestion in the arteries gives a sharp or pricking pain.

Pain, then, is the result of more blood being determined to the part where that pain is, than naturally belongs to it. The evident alternative is to diminish the quantity of blood, either at the point of ailment or in the body in general. Thus it is that a mustard-plaster applied near a painful spot, by withdrawing the blood to itself, gives instantaneous relief. Opening a vein will do the same thing ; and so, but not as expeditiously, will any purgative medicine, because that by all these things, by diminishing the amount of fluid as to the whole body, each particular part is proportionably relieved. On the same principle is it that a “good sweat” is “good” for any pain, and affords more or less relief. Friction does the same, even if it is performed with so soft a thing as the human hand, for any rubbing

reddens, that is, attracts blood to the part rubbed, and thus diminishes the amount of pain at the spot where there is too much blood.

But the safer, more certain and durable method of relieving pain is to do it in a natural way, without the violence of the lancet, or the blister-plaster, or the purgative; and that is, by diminishing the amount of blood in the body, by cutting off the supply of its manufacture. The blood is made out of the food we eat, and it is just as easy to make a world out of nothing as to make more blood in the body without eating more. Ceasing to eat would be of itself a negative remedy—its only effect would be not to increase the pain; but nature's forces are always in operation; she is constantly engaged in unloading the body of its surplus fluids—unloading it in a million places at the same time, and in a million ways; every pore of the skin, at every instant of our existence, is discharging its portion of the substance of the body in the shape of insensible perspiration; and besides this, every breath we breathe, every emotion of the mind, every movement of a muscle, down to the crook of a finger or wink of an eye, is at the expense of atoms of the body; it contains less, weighs less, than at the instant before. Thus it is that if, in any pain, we instantly stop eating, and thus stop adding to the quantity of blood already in the body, nature will perform the other part, and diminish the supply every instant. So that the great remedy for pain is to lie still, wait and do nothing—the very course which blind instinct, by the wise and loving Father of us all, points out to wounded bird and beast and creeping thing, and they get well amain.

The great thing, then, to do in order to ward off serious disease, (and sickness never comes without a friendly premonition in the distance, only that in our stupidity or heedlessness we often fail to make a note of it,) is simply to observe three things.

1. The instant we become conscious of any unpleasant sensation in the body, cease eating absolutely.

2. Keep warm.

3. Be still.

These are applicable and safe in all cases; sometimes a more speedy result is attained if, instead of being quiet, the patient would, by moderate, steady exercise, keep up a gentle perspiration for several hours. And an observant person will seldom

fail to discover that he who relies on a judicious abstinence and moderate exercise for the removal of his "symptoms," will find in due time, in multitudes of cases, that the remedy will become more and more efficient, with increasing intervals for need of its application, until at length a man is not sick at all, and life goes out like the snuff of a candle or as gently as the dying embers on the hearth.

CRAZY PEOPLE.

ONCE upon a sunnier time, when visiting the linen factories of Belfast, a notice was observed above one of the doors, written in Latin, which translated, meant that they would be wise, who, in passing through the world, kept their eyes and ears open. In fact, this makes all the difference between an intelligent man and a know-nothing. Much may any man learn in a large city who will thus employ two of his senses. Lessons of great practical value may be read as well in the narrow alley as on splendid Broadway; in the hovels of the poor as in the magnificent mansions of the Avenue; in the cellars and garrets of the mechanic and the artisan, as well as on change or at the banking-house.

Many an editor and book-writer remembers to have seen in the sixth story of Gray's Mammoth Printing Establishment, a thin, weazen, snappy-eyed, quick-motioned, sharp-faced gentleman, the cock of the walk in that upper sphere, the lord, ruler, governor, and director of that floor. Always busy, always meeting you with a smile; and yet so picked at and pecked at by Tom, Dick, and Harry, that we have often wondered how he survived. He has been visited regularly for weeks and months by three doctors at least, and he is not dead yet! The man of the Scalpel comes and thunders away, as if he would raise the roof from the building and send it off on a tour of exploration for one of Professor Mitchel's lost stars. Words of wit and wisdom flash out of his mouth, like the scintillations of the great Kohinoor, when they were grinding it into a more comely shape for her majesty, Queen Victoria, long live the same! It is no uncommon thing when Dixon gets on one of his high horses, to have a crowd

around him of all the employés, (who are working by the day,) with eyes and mouth open, drinking in the riches of his diction. We have seen it. Then comes Dr. Noyes, his mind ahead of his body; earnest, quick, indefatigable. He, too, gives Powers a twitch or a dig, for the shortcomings of some of Dixon's auditors; and just as that item is settled by the promised rectification of the grievance, in comes the JOURNAL OF HEALTH man, unseen, noiseless, and unknown, and going point-blank at his business in hand, is in the middle of it in double-quick time, every thing being in apple-pie order, and in plain black and white; that is, the black and white are plain enough as to color, although now and then there may be some slight inconvenience in deciding whether the manuscript is French or Mogul; and then pouring in the oil and wine to prepare the way for a welcome next time, he vamooses the ranch, with the sound dying away; "Glad to see you again, Doctor!"

One day we stopped a moment in wonder at the innumerable twitches at Powers. What with the bother of proof-readers and doctors, of calls for more copy, and solicitations of compositors to decipher hieroglyphics; to spell out words that never had any spell in them, or to "make out" words which were of every language under the sun. At length we said to him: "It's a wonder you don't go crazy!"

"Crazy! Haven't time to get crazy; too many things to do," and away he went with a merry laugh, but his words remained, to be a text for some future article in the JOURNAL OF HEALTH.

"Haven't time to get crazy; too many things to do." There is philosophy enough in those dozen words to fill whole tomes of octavos. It's the grand secret of human health and human happiness, to have a plenty to do. "Go ahead, keep moving." There's wisdom in that, and health; health of body, health of brain, and a long life. It's the people who have leisure to mood and mope, and hug sharp-pointed memories, who fill our asylums, and not those who have a dozen irons in the fire at the same time, some round, some square, and some in the pig, so as to bring out and exercise, and develop different mental capabilities, thus making all parts of the brain to grow equally, not only strengthening it but by keeping up equal activities in all its parts, a maturity of judgment and a keenness of discrimination are the result, and these are qualities at the very foundation

of human success. The lesson of the article is, as you would avoid an aimless life, a miserable pilgrimage to the land beyond, a mad-house or a premature grave, avoid leisure, avoid one idea, one only pursuit.

NEGLECTING COLDS.

EVERY intelligent physician knows that the best possible method of promptly curing a cold is, that the very day in which it is observed to have been taken, the patient should cease absolutely from eating a particle for twenty-four or forty-eight hours, and should be strictly confined to a warm room, or be covered up well in bed, taking freely hot drinks. It is also in the experience of every observant person, that when a cold is once taken, very slight causes indeed increase it. The expression, "It is nothing but a cold," conveys a practical falsity of the most pernicious character, because an experienced medical practitioner feels that it is impossible to tell in any given case, where a cold will end; hence, and when highly valuable lives are at stake, his solitudes appear sometimes to others to verge on folly or ignorance. A striking and most instructive example of these statements is found in the case of Nicholas the First, the Emperor of all the Russias. For more than a year before his death, his confidential medical adviser observed that in consequence of the Emperor "not giving to sleep the hours needed for restoration," his general vigor was declining, and that exposures which he had often encountered with impunity, were making unfavorable impressions on the system—that he had less power of resistance. At length, while reviewing his troops on a January day, he took a severe cold, which at once excited the apprehensions of his watchful physician, who advised him not to repeat his review.

"Would you make as much of my illness if I were a common soldier?" asked the Emperor, in a tone of good-natured pleasantry.

"Certainly, please your majesty; we should not allow a common soldier to leave the hospital if he were in the state in which your majesty is."

"Well, you would do your duty—I will do mine," and the exposure was repeated, with the result of greatly increasing the bad effects of this original cold, and he died in a week afterwards.

It is not the weakness of a few great men to transfer their superiority in other things to their knowledge of health and medicine. The self-reliant or self-opinionated have been often heard to exclaim: "I believe I know about as much as the doctors. A doctor don't know more than any body else." One of the most eminent clergymen of his sect recently died, learned above any of his fellows, could write and converse in some half-a-dozen languages. An intimate friend and panegyrist said of him, that he held medical science in a kind of contempt, had little or no confidence in medicines or physicians. These are not the exact words, but they embody the impression which the exact words would make on ordinary minds. The result was, that he kept ailments to himself for more than a year; ailments whose nature is to go on steadily and become more and more aggravated to a fatal issue; but which judicious remedial means have a thousand times eradicated. He died in the very prime of intellectual manhood.

The pilot, who has a thousand souls aboard, is many a time almost crazed with a sense of his responsibility, when he is steering his vessel over dangerous places, while the passengers themselves see nothing but unrippled waters and the clear blue sky; at the same time, a quarter's turn of the wheel, more or less, would, in the briefest space, send them all unannealed and unshriven into the presence of their Maker. Hence, in a well-regulated ship, a passenger is never allowed to address a word to the man who is at the wheel. Thus it is with an intelligent physician in reference to his patient, and he is wise who will read the lesson well by remembering that it is his business to do and not to babble; for the people's ignorance of nature and her operations, as to the human body, is amazing to those whose stock of amazement has not long ago been utterly exhausted in the contemplation of the stupidities of mankind.

HEALTH TRACTS of one page are sold and sent for 25 cents a hundred, by addressing Dr. W. W. HALL, New-York. Subjects: Winter Shoes, Wearing Flannel, Care of the Eyes, Cold Feet, Regulating the Bowels, How to Sit, Walk, Breathe, Curing Colds, Avoiding Disease, Best Hair Wash, etc.

MISTAKEN BENEVOLENCE.

A WOMAN, with a dog on each side, hitched to a hand-cart, may be seen in any street in New-York of a bleak winter's day ; or little girls with baskets, the girls, not the baskets, in tatters, filth, and rags, without bonnets or shoes, picking from the ash-barrels any little piece of half-burnt coal which by chance may be there. Half a basket is sometimes obtained from a single barrel ; it is then taken to some desolate home to warm a failing mother or thriftless household. In view of this, is it not "mean" to make the servants riddle the ashes so that a single lump of coal might not be thrown out ? and would it not be generous, even to put in the ash-barrel a handful or two of the best coal in order to reward these poor creatures ? No !

Chance living seldom fails to end in moral depravities of the deepest dye, and in this very plain way. A person "finds" a plenty to-day, and to-morrow, and may be for weeks together, and the feeling grows : "I will get a plenty more, and it is not worth while to be careful." But a night comes during which there is a storm of sleet or hail or deep drifting snow, and the ash-barrels are not put out, or by some other chance no coal is found, and the dreadful alternative is to freeze or obtain supplies of fuel in some other way. First comes the borrow, then the beg, and last the steal, for these three characteristics generally follow close on the heels of each other.

Apropos—In passing sixty-three East Sixteenth street, near Third Avenue, a few days since, one of our citizens, known for his activity and energy, and for his keen appreciation of the useful, said to us : "Buy one of my coal-sifters, cost sixteen hundred dollars to get out the patent, and I will sell you one for only four dollars and a half. I'll send it to your house, you shall keep it and try it, and if it does not meet your expectations, I will call for it." He sent it, called again, and got his—money. We now say to our readers, without the knowledge, consent, assent, or acquiescence of the gentleman aforesaid, that Booth's Patent Coal Ash-Sifter is the most perfect thing of the kind ever yet presented to the public. You empty the scuttle into the top of the sifter without any more dust than would arise from throwing it into the

ash-barrel, and without turning any crank, or shaking, or any thing else on your part, there is a perfect separation of ash and coal by the time the empty scuttle is set down on the floor, without further dust, there not being found in the ashes a bit of coal as large as a common thimble, nor among the coal a half a pint of ashes, the ashes in one box, the coal in the other, all in an almost air-tight wooden inclosure, hence the suppression of dust.

WISE CHARITIES.

LIFE ILLUSTRATED, ever alive to the diffusion of intelligence which its editors believe tends to ameliorate the condition of the suffering, the friendless, and the poor, says that Alfred White, clerk of St. Paul's Mission, has established in Laight street a "Church Home Intelligence Office," where unprotected females, of good character, may find an asylum while unemployed.

Also, that there is at least one hotel in the city of New-York where a sick man can secure some little attention, and even nursing, without its costing him ten dollars a day, for the mere shadow of these things. In the bare hope that it may be a "Maison Sante," a Home of Health, we give its locality, No. 153 Bleeker street. We once took a friend to an up-town boarding-house. He was very ill. His bill for "accommodations" for four days was eighty dollars, while we did the nursing.

Another of the deserving charities, and of rather a novel character, is referred to in the *Express* by its editor, the Hon. Erastus Brooks, a large portion of whose time is expended in personal attention to the eleemosynaries of the city. He states that at No. 31 Vesey street twenty-five tickets can be purchased for a dollar, each one of which will give a poor outcast, a friendless boy or girl or woman, a comfortable night's lodging or a good meal of victuals.

Who of our readers will smoke a cigar after this, and yet profess that he can not afford to give any thing to support a charity of this kind? The price of a cigar will give a bed for a night to a human brother or sister, who else would have to sleep in a

barrel, or stoop, or store-box, or be taken to prison; not only a bed, but a sufficient breakfast after it, enough to give strength to set out in the morning and hunt for a job or a home. Pampered young ladies of New-York, look on your diamond rings, your breast-pins of costliest material, your bracelets of solid gold, and remembering how many famishing women and children, and discouraged men, the price of these would comfort and cheer, and mayhap save from discouragement and crime, look at them, and rather than say you have nothing to give, sell them for what they will bring, and deposit the proceeds with Mr. Whitfield for tickets, which carry in your pocket, and when you meet a brother or sister famishing for bread; or when you are importuned by some pallid child or gray-haired woman, "For the love of God, a penny to buy a bit of bread," give a ticket; and it will show where a full meal can be had for it. And as disease follows close on to the heels of destitution, you may thus keep many well. To show that such institutions are needed, nineteen hundred meals and lodgings were supplied at four cents each at three hundred and sixty-seven Pearl street, New-York, in one month. A similar establishment is found at Eighty-one Third avenue, corner of Twelfth street. No doubt George F. Cooledge has a hand in these matters. Such of our readers as have a sympathy for the poor and money to ventilate it, may feel assured that what they give in this direction will be expended wisely and to the best advantage, while the money given to street beggars encourages vagrancy, and is very often spent foolishly if not criminally.

NICHOLAS OF RUSSIA.

A PRIVATE memoir of the late Emperor Nicholas the First was published and distributed among the more immediate relatives and friends of the autocrat of sixty millions of human beings. It is made up from his private papers, from official records and other authentic sources; hence it may be regarded as a true representation of the inner life of the real character of that distinguished personage. From a perusal of it, by the courtesy of a friend, who was in St. Petersburg at the time of the Emperor's death, and whose personal knowledge confirms, as far as it goes, the literal truth of the memoir, we are constrained to say, that perhaps not one in a million of all who speak the English language has a proper estimate of the late Czar. As an emperor, a husband, a father, a brother, a master, a friend, there is a beauty in his character which has few parallels among sovereigns. No one can rise from its perusal without a deep impression that he was a Christian. A synopsis of the memoir will be found in the April number of the *FIRESIDE MONTHLY*.

WORTH REMEMBERING.

From Hall's Journal of Health, One Dollar a Year, New-York.

POISONS.

For any poison, the most speedy, certain, and most frequently efficacious remedy in the world, if immediately taken, is a heaping teaspoonful of ground mustard, stirred rapidly in a glass of cold water, and drank down at a draught, causing instantaneous vomiting. As soon as the vomiting ceases, swallow two tablespoonfuls or more of sweet-oil, or any other mild oil.

If no ground mustard is at hand, drink a teacupful or more of sweet-oil, or any other pure mild oil, melted hog's lard, melted butter, train oil, cod-liver oil, any of which protect the coats of the stomach from the disorganizing effects of the poison; and, to a certain extent, by filling up the pores of the stomach, (the mouths of the absorbents,) prevent the poison being taken up into the circulation of the blood. Persons bitten by rattlesnakes have drank oil freely, and recovered. These are things to be done while a physician is being sent for.

BITES AND STINGS.

Apply instantly, with a soft rag, most freely, spirits of hartshorn. The venom of stings being an acid, the alkali nullifies them. Fresh wood ashes, moistened with water, and made into a poultice, frequently renewed, is an excellent substitute—or, soda or saleratus—all being alkalies.

To be on the safe side, in case of snake or mad-dog bites, drink brandy, whisky, rum, or other spirits, as free as water—a teacupful, or a pint or more, according to the aggravation of the circumstances.

POULTICES.

As to inflammation, sores, cuts, wounds by rusty nails, etc., the great remedy is warmth and moisture, because these promote evaporation and cooling; whatever kind of poultice is applied, that is best which keeps moist the longest, and is in its nature mild; hence cold light (wheaten) bread, soaked in sweet milk, is one of the very best known. There is no specific virtue in the repulsive remedy of the "entrails of a live chicken," of scraped potatoes, turnips, beets, carrots, or any other scrapings; the virtue consists in the mild moisture of the application. Hence the memory need not be burdened with the recollection of particular kinds of poultices, but only with the principle that that poultice is best which keeps moist longest without disturbance.

SCALDS AND BURNS.

The best, most instantaneous, and most accessible remedy in the world, is to thrust the injured part in cold water, send for a physician, and while he is coming, cover the part an inch or more deep with common flour. The water gives instantaneous relief by excluding the oxygen of the air; the flour does the same thing, but is preferable, because it can be kept more continuously applied, with less inconvenience, than by keeping the parts under water. As they get well, the flour scales off, or is easily moistened and removed. If the injury is at all severe, the patient should live mainly on tea and toast, or gruels, and keep the bowels acting freely every day, by eating raw apples, stewed fruits, and the like. No better and more certain cure for scalds and burns has ever been proposed.

Health Tracts, one page each, are sold or sent for 25 cents a hundred, by addressing Dr. W. W. Hall, New-York.

HEALTH TRACT, No. 21.

ATTENTION TO THE FEET.

From Hall's Journal of Health, 42 Irving Place, New-York.

It is utterly impossible to get well or keep well, unless the feet are kept dry and warm all the time. If they are for the most part cold, there is cough or sore throat, or hoarseness, or sick headache, or some other annoyance.

If cold and dry, the feet should be soaked in hot water for ten minutes every night, and when wiped and dried, rub into them well, ten or fifteen drops of sweet oil ; do this patiently with the hands, rubbing the oil into the soles of the feet particularly.

On getting up in the morning, dip both feet at once into water, as cold as the air of the room, half ankle deep, for a minute in Summer ; half a minute or less in Winter, rubbing one foot with the other, then wipe dry, and if convenient, hold them to the fire, rubbing them with the hand until perfectly dry and warm in every part.

If the feet are damp and cold, attend only to the morning washings, but always at night remove the stockings, and hold the feet to the fire, rubbing them with the hands for fifteen minutes, and get immediately into bed.

Under any circumstances, as often as the feet are cold enough to attract attention, draw off the stockings, and hold them to the fire ; if the feet are much inclined to dampness, put on a pair of dry stockings, leaving the damp ones before the fire to be ready for another change.

Some person's feet are more comfortable, even in Winter, in cotton, others in woolen stockings. Each must be guided by his own feelings. Sometimes two pair of thin stockings keep the feet warmer, than one pair which is thicker than both. The thin pair may be of the same or of different materials, and that which is best next the foot, should be determined by the feelings of the person.

Sometimes the feet are rendered more comfortable by basting half an inch thickness of curled hair on a piece of thick cloth, slipping this into the stocking, with the hair next the skin, to be removed at night, and placed before the fire to be perfectly dried by morning.

Persons who walk a great deal during the day, should, on coming home for the night, remove their shoes and stockings, hold the feet to the fire until perfectly dry ; put on a dry pair, and wear slippers for the remainder of the evening.

Boots and gaiters keep the feet damp, cold and unclean, by preventing the escape of that insensible perspiration which is always escaping from a healthy foot, and condensing it ; hence the old-fashioned low shoe is best for health.

HEALTH TRACT, No. 22.

REGULATING THE BOWELS.

From Hall's Journal of Health, 42 Irving Place, New-York.

It is best that the bowels should act every morning after breakfast; therefore, quietly remain in the house, and promptly attend to the first inclination. If the time passes, do not eat an atom until they do act; at least not until breakfast next day, and even then, do not take anything except a single cup of weak coffee or tea, and some cold bread and butter, or dry toast, or ship-biscuit.

Meanwhile, arrange to walk or work moderately, for an hour or two, each forenoon and afternoon, to the extent of keeping up a moisture on the skin, drinking as freely as desired as much clear water as will satisfy the thirst, taking special pains, as soon as the exercise is over, to go to a good fire or very warm room in Winter, or, if in Summer, to a place entirely sheltered from any draught of air, so as to cool off very slowly indeed, and thus avoid taking cold or feeling a "soreness" all over next day.

Remember, that without a regular daily healthful action of the bowels, it is impossible to maintain health, or to regain it, if lost. The coarser the food, the more freely will the bowels act, such as corn (Indian,) bread eaten hot; hominy; wheaten grits; bread made from coarse flour, or "shorts;" Graham bread; boiled turnips, or stirabout.

If the bowels act oftener than twice a day, live for a short time on boiled rice, farina, starch, or boiled milk. In more aggravated cases, keep as quiet as possible on a bed, take nothing but rice, parched brown like coffee, then boiled and eaten in the usual way; meanwhile drink nothing whatever, but eat to your fullest desire bits of ice swallowed nearly whole, or swallow ice cream before entirely melted in the mouth; if necessary, wear a bandage of thick woolen flannel, a foot or more broad bound tightly around the abdomen; this is especially necessary if the patient has to be on the feet much. All locomotion should be avoided when the bowels are thin, watery or weakening. The habitual use of pills, or drops or any kind of medicine whatever, for the regulation of the bowels, is a sure means of ultimately undermining the health; in almost all cases laying the foundation for some of the most distressing of chronic maladies, hence all the pains possible, should be taken to keep them regulated by natural agencies, such as the coarse foods and exercises above named.

HEALTH TRACT, No. 23.

SOUR STOMACH.

(From Hall's Journal of Health, 42 Irving Place, New-York.)

NATURE provides a liquid (the gastric juice) in the stomach, sufficient to dissolve as much food as the system requires, and no more. Whatever is eaten beyond what is needed has no gastric juice to dissolve it, and being kept at the temperature of the stomach, which is about a hundred degrees, it begins to decompose—that is, to sour—in one, two, three, or more hours, just as new cider begins to sour in a few hours. In the process of souring, gas is generated as in the cider-barrel, the bung is thrown out, and some of the contents run over at the bung-hole, because in souring, the contents expand, and require more room. So with the stomach. It may be but partially filled by a meal; but if more has been swallowed than wise nature has provided gastric juice for, it begins to sour, to ferment, to distend, and the man feels uncomfortably full. He wants to belch. That gives some relief. But the fermentation going on, he gets the “belly ache” of childhood or some other discomfort, which lasts for several hours, when nature succeeds in getting rid of the surplus, and the machinery runs smoothly again. But if these things are frequently repeated, the machinery fails to rectify itself, looses the power of readjustment, works with a clog, and the man is a miserable dyspeptic for the remainder of life; and all from his not having had wit enough to know when he had eaten a plenty, and being foolish enough, when he had felt the ill effects of thus eating too much, to repeat the process an indefinite number of times; and all for the trifling object of feeling good for the brief period of its passing down the throat. For each minute of that good he pays the penalty of a month of such suffering as only a dyspeptic can appreciate. What a fool man is! He is a numskull, a goose, a sheep, a goat, a jackass.

Health Tracts, one page each, are sold for 25 cents a hundred; address Dr. W. W. Hall, New-York.

HEALTH TRACT, No. 24.

E A T I N G .

(From Hall's Journal of Health, One Dollar a Year, New-York.)

THE stomach has two doors, one for the entrance of the food, on the left side, the other, for its exit, after it has been properly prepared for another process. As soon as the food is swallowed, it begins to go round and round the stomach so as to facilitate dissolution; just as the melting of a number of small bits of ice is expedited by being stirred in a glass of water; the food, like the ice, dissolving from without, inwards, until all is a liquid mass.

Eminent physiologists have said, that as this liquid mass passes the door of exit, where there is a little movable muscle, called the Pyloric Valve, (a faithful watchman,) that which is fit for future purposes gives a tap, as it were; the valve flies open, and it makes an honorable exit. Thus it goes on until the stomach is empty, provided no more food has been taken than there was a supply of gastric juice for. If a mouthful too much has been taken, there is no gastric juice to dissolve it; it remains hard and undigested, it is not fit to pass, and the janitor refuses to open the door; and another and another circuit is made, with a steady refusal at each time, until the work is properly done. Boiled rice, roasted apples, cold raw cabbage cut up fine in vinegar, tripe prepared in vinegar, or souse, pass through in about an hour; fried pork, boiled cabbage and the like, are kept dancing around for about five hours and a half.

After, however, there has been a repeated refusal to pass, and it would appear that any longer detention was useless, as in the case of indigestible food, or a dime, or cent, or fruit-stone, the faithful watchman seems to be almost endowed with intelligence as if saying: "Well, old fellow, you never will be of any account; it is not worth while to be troubled with you any longer, pass on, and never show your face again."

When food is thus unnaturally detained in the stomach, it produces wind, eructations, fullness, acidity, or a feeling often described as a "weight," or "load," or "heavy." But nature is never cheated. Her regulations are never infringed with impunity; and although an indigestible article may be allowed to pass out of the stomach, it enters the bowels as an intruder, is an unwelcome stranger, the parts are unused to it, like a crumb of bread which has gone the wrong way by passing into the lungs, and nature sets up a violent coughing to eject the intruder. As to the bowels, another plan is taken, but the object is the same—a speedy ride-dance. As soon as this unwelcome thing touches the lining of the bowels, nature becomes alarmed, and like as when a bit of sand is in the eye, she throws out water, as if with the intention of washing it out of the body, hence the sudden diarrheas with which two-legged pigs are sometimes surprised. It was a desperate effort of nature to save the body, for if undigested food remains too long, either in the stomach or bowels, fits, convulsions, epilepsies, apoplexies, and death, are a very frequent result. Inference: *Always eat slowly and in moderation of well-divided food.*

These Health Tracts are furnished at 25 cents a hundred, assorted.

HEALTH TRACT, No. 25.

SLEEPING.

(From Hall's Journal of Health, One Dollar a Year, New-York.)

INABILITY to sleep is the first step toward madness, while sound and sufficient sleep imparts a vigor to the mind, and a feeling of wellness and activity to the body, which are beyond price. To be able to go to sleep within a few minutes of reaching the pillow, and to sleep soundly until the morning breaks, and to do this for weeks and months together, is perfectly delightful. How such a thing may be brought about, and kept up, as a general rule, is certainly well worth knowing, and will be appreciated, even by those who have lost but half a night's sleep. The reader can study out the reasons of the suggestions at his leisure.

Both in city and country the chamber should be on the second, third or higher floor; its windows should face the east or south, so as to have the drying and purifying influences of the blessed sunlight; there should be no curtains to the bed or windows, nor should there be any hanging garments or other woven fabrics except the clothes worn during the day, each article of which should be spread out by itself, for the purpose of thorough airing. There should be no carpet on the floor of a sleeping-room, except a single strip by the side of the bed, to prevent a sudden shock by the warm foot coming in contact with a cold floor. Carpets collect dust and dirt and filth and dampness, and are the invention of laziness to save labor and hide uncleanness.

Ordinarily, mattresses of shucks, chaff, straw, or curled hair are best to sleep upon. For old persons and those of feeble vitality, there is nothing better than a clean feather bed. No one can sleep well if cold. Have as little covering as possible from just above the knees upwards, but cover the legs and feet abundantly, for by keeping them warm, the blood is withdrawn from the brain, and to that extent, dreaming is prevented.

There should be no standing fluid of any description, nor a particle of food or vegetation or any decayable substance allowed to remain in a bed-room for a moment; nor should any light be kept burning, except from necessity, as all these things corrupt the air which is breathed while sleeping.

The entire furniture of a chamber should be the bed, two or three wooden chairs, a table and a bureau or chest of drawers. Every article of bed-clothing should be thrown over a chair or table by itself, and the mattress remain exposed, until the middle of the afternoon; not later, lest the damps of the evening should impregnate them. From morning until afternoon of every sunshiny day, the windows of the chamber should be hoisted fully. The fire-place should be kept open, at least during the night, thus affording a draft from the crevices of doors and windows. As foul air is lightest in warm weather, it is best that the sash should be let down at the top half an inch or more, and the lower one elevated several inches; by this means the pure and cool air from without enters and drives the heated impure air upwards and outwards.

In a very cold room, without a good draught or ventilation, carbonic acid being generated by the sleeper, becomes heavy and falls to the floor; this gas has no nour-

ishment for the lungs, and to breathe it wholly for two minutes, is to die ; it is this which causes suffocation in descending some wells. In summer it goes to the ceiling, in winter to the floor ; hence it is more important that a sleeping-room should have a very gentle current of air in winter than in summer.

Never go to bed with cold or damp feet, else refreshing sleep is impossible ; but spend the last five or ten minutes before bed-time, at least in firetime of year, in drying and heating the feet before the fire, with the stockings off. Indians and hunters sleep with their feet towards the camp-fire.

Different persons require different amounts of sleep, according to age, sex, and occupation. Nature must make the apportionment, and will always do it wisely and safely ; and there is only one method of doing it. Do not sleep a moment in the day, or if essential do not exceed ten minutes, for this will refresh more than if you sleep an hour, or longer. Go to bed at a regular early hour, not later than ten, and get up as soon as you wake of yourself in the morning ; follow this up for a week or two, and if there is no actual disease, nature will always arouse the sleeper as soon as enough sleep has been taken to repair the expenditures of the preceding day, a little more or less in proportion to the amount of bodily and mental effort made the day before. Commonly there will be but a few minutes' difference for weeks together. It is not absolutely necessary to get up and dress, but only to avoid a second nap. Sometimes it is advantageous to remain in bed until the feeling of tiredness, with which most persons are familiar, has passed from the limbs. It is safest and best for all to take breakfast before going out of doors in the morning, whether in summer or winter, most especially in new, flat or damp countries, as a preventive of chill and fever.

If from any cause you get up during the night, throw open the bed-clothes, so as to give the bedding an airing, and also with the hands give the whole body a good rubbing for a minute or two ; the effect will be an immediate feeling of refreshment, and a more speedy falling to sleep again. This was Franklin's remedy in case of restlessness at night.

When it is remembered that one third of our whole time is spent in our chambers, and that only uncorrupted air can complete the process of digestion and assimilation and purify the blood, it is most apparent that the utmost pains should be taken to secure the breathing of a pure atmosphere during the hours of sleep ; and that the most diligent attention in this regard is indispensable to high health.

HEALTH WITHOUT MEDICINE OR MONEY.

A MEDICAL LIBRARY which never advises a dose of medicine, except in cholera, may be found in the following works, written by Dr. W. W. HALL, of 42 Irving Place, New-York, after having spent many years in special and exclusive attention to diseases of the throat and lungs :

HALL'S JOURNAL OF HEALTH, six volumes, \$1.25 each :	whole set,	\$7.00
HEALTH AND DISEASE, a Book for the People, third edition, 298 pages,	1.00	
BRONCHITIS AND KINDRED DISEASES, ninth edition, 382 pages,	1.00	
CONSUMPTION, second edition, 280 pages, 1859,	1.00	

The object of these books is to show, to the young especially, how health may be preserved by natural agencies, and how, by the same means, to remedy ordinary ailments, such as cold feet, sick-headache, constipation, neuralgia, dyspepsia, etc.

HALL'S JOURNAL OF HEALTH is published monthly, for one dollar a year, specimen numbers ten cents.

THE FIRESIDE MONTHLY is \$1.50 a year, specimens twelve cents ; it excludes fiction, and is devoted to science, literature, and practical life. This, with the JOURNAL OF HEALTH, will be sent for two dollars a year.

The HEALTH TRACTS are furnished at 25 cents a hundred, assorted.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

MAY, 1860.

[No. 5.

PUBLIC SCHOOLS.

FOR rapidity of improvement and thoroughness of instruction, the public schools of the city of New-York are believed to be without equals any where. The children are educated to a promptness of speech, and thought, and action; to a system of habit and propriety of deportment which is simply wonderful to those who, for years and years, have submitted to the extravagant charges, the degrading shams, the skinnings and the skimmings of nine tenths of the private schools, academies, and institutes with which our city abounds. The pretentious character of these latter establishments is so generally conceded, that they are patronized by two classes mainly — both, however, rich; those lately so, hoping to edge their daughters into “good society,” and those who are “too busy” to give their attention to the best interests of their children, or have not the intelligence necessary to determine what those best interests are; while the true “society,” the wealthy and reflecting, are compelled to adopt the system of private teachers.

Those who wish to give their daughters a thorough education, have the alternative of the public school or the “governess.” Unfortunately, the latter involves an expense far beyond the masses, while as to the former, thoughtful and observant men will scarcely hesitate to say that, as far as physical benefits are concerned, as far as pertains to the future well-being and happiness of the girls, to say nothing of the best interests of our community, every public school building in the city of New-York had better be razed to its foundation-stone and “light-ered” into the Atlantic; every teacher supplied with a sewing-

machine or thrifty husband, and every school commissioner and superintendent of public instruction sent to picking oakum or cracking rocks for the Central Park.

A more systematic series of machinations for the slaughter of our daughters under the guise of philanthropic efforts could not well be devised than that which prevails in the conducting of the public schools for girls in this city. These charges are sweeping, but they are literally and critically but too true.

Mother, look at your joyous and perpetual-motion daughter of four, five, or six years old. Put her in a chair, and require her to sit still, or try to keep her in the room for half an hour; nay, try it yourself, and you will find the former, at least to you, an impossible thing, and the latter intolerable. But that same child is confined to the walls of a public school from nine in the morning until three o'clock in the afternoon, and for four or five hours of that time sits on a hard bench; and for a considerable portion of these they are required to sit still under penalty that if they move foot, or hand, or head, they shall be "kept in" after three o'clock, with the disgrace of the thing patent to every eye of hundreds of their schoolmates. It is truly pitiful to look at the countenances of the little creatures as they come out from the place of stocks and thumb-screws at three o'clock of a spring or summer afternoon. There is an expression of fatigue and sad exhaustion in most of them which almost extorts a curse upon all who aid and abet the murderous inhumanity.

But these enormities become more infamous. Talk about the lash of a negro-overseer! These maudling croakers, these "scribes and pharisees—hypocrites!" had a million times better give a tithe of their attention towards "ameliorating the condition" of their own children—a tithe of their money towards constructing an "underground railroad" for emancipating their own offspring from the infliction of moral lashings which not only kill the body, but murder the intellect and prostrate the higher nature in the dust.

These children, not having eaten any thing since about eight o'clock except a "lunch" of candy, pound-cake, gingerbread, or sandwich, which is always required to be eaten in a few minutes, and not unseldom while standing in a line, it may be readily supposed that they are very hungry by the time

they get home, and are ready to sit down to dinner about four o'clock, when, almost famished and exceedingly weary, they very naturally swallow with rapidity and eat a great deal. But before the four o'clock dinner is scarce half-digested, the teabell of six and a half or seven rings, and they sit down again to a fill of preserves, sweet-cakes, tea-biscuit, and other delicacies, so that from four until bed-time they are more like gorged ancondas than any thing else. But what then? Do they go out to joyous play? Not a bit of it. They have "lessons to get," to which task the parents' command is not necessary to drive them. Either the fear of their teachers, or dread of disgrace in the presence of their companions, or a consuming ambition, goads them to their books, from which, if they are conscientious, they do not feel at liberty to rise, on an average, until eight, nine, or even ten o'clock, only to hurry up in the morning to tramp the same tread-mill until breakfast, all anxious to get to school in time for fear of a "mark" against them.

There is nothing like plain facts for illustration. In a house in this street, on the second day of April, in the year of progress, eighteen hundred and sixty, a girl of ten years was bending over a "geography lesson." Something was evidently the matter; the countenance was sad, dispirited, and by flashes, angry. On asking the cause, "Such a hard lesson!" On looking at it, it was found to consist of three pages of double columns, each line containing one question, and sometimes four! Questions embracing the name of the capital of each State, its situation, and a variety of other particulars, which gave the sum total of questions to be hunted out by a child of ten years of age, from four o'clock until eight next morning, of one hundred and fifty-two.

Besides this, there were two other lessons to learn, one of spelling, the other in arithmetic. The next day the lesson was not "said," because there was not time for its recitation. That is to say, there is more to be learned by the children at home, from four in the afternoon until school-time next day, than can be listened to by the teacher in the six hours from nine to three. On another occasion the lesson was so clearly beyond the ability of the children to compass, that the class, nearly a hundred, recited it so imperfectly, that half of the same lesson was given

out for the next day. Such a lack of judgment on the part of teachers merits most severe condemnation.

It requires no argument to prove to any man, not an idiot, that any child must, under such a routine, wilt and wither like a flower without water. Under the circumstances, a modification of the public school system is imperative, and we call upon the two great moral leaders of the age, the pulpit and the press, to the immediate advocacy of the abolishment of home study ; that no lessons, under any circumstances, be required to be learned out of school hours ; and no greater evidence of progress, of advancement in intelligence and a sound policy has lately been given to the country, than in the recent action of the school commissioners of Boston, in forbidding the assignment of lessons, for study out of school, to girls—the city physician having become convinced of the alarming evils resulting from such studies. Can New-York, with all its wealth of gold, and mind, and money, and magnificent enterprise, furnish no intellect bright enough to see and expose the intolerable stupidity of our public school management ? Out of the pages of this monthly and those of Fowler & Wells, to wit, *Life Illustrated*, *The Water Cure*, and *The American Phrenological Journal*, we read no word of remonstrance, of entreaty, or alarm against the startling evil !

Teachers are commended for bringing the children on so rapidly. Parents are flattered at the progress of their little ones, and school committees and superintendents are charmed with the tokens of solid advancement made by the youthful martyrs ; but they take no note of the sad face, of the dray-horse look, of the heavy tread, the flushed cheek, the preternaturally bright eye, the cold fingers, and the clammy feet ! Out upon such short-sighted intellects, such leaden dolts ! If it is a question of education and disease, or of ignorance and glorious health for our daughters, we ourselves clutch at the union of health and ignorance with the greediness a famished tiger pounces on a fresh fat lamb. Ignorance with health may be useful, may be happy ; but a finished education with a fell disease eating out the life, can be neither, and must early go down to the grave a blighted bud, a priceless jewel shivered in the polishing. But health and high development need never be

dissevered. Extend the time of girlhood, of "going into society," of "husbanding," from sixteen to twenty-six. Let one study be pursued at a time; one solid study and one ornamental accomplishment, and when one is thoroughly mastered, take up a second and a third, giving, from the age of ten, three hours a day to domestic activities and superintendencies and out-door exercises; then, at twenty-five, a young man may marry a woman, not a lady—may marry a help-meet, not a puny, whining, simpering, skinny bag of bones; may marry a counselor, a coöperator, and an adviser, not a thriftless, lounging, dressy, helpless doll. The incoöperative, useless, senseless, sickly wife drives not a few men, capable of higher things, to discouragement, to the bottle, to the prison, and to the suicide's grave, because their wives were first ruined mentally and morally by the shams of dress and show learned but too facilely at the detestable "boarding-school for young ladies," or the hot houses of mental culture, the "public school." The mother molds the man; she molds the destinies of her country; but an invalid at twenty, as nine out of ten are, they can not do otherwise than bring to their country's altar, not the lambs "without blemish and without spot," but sons and daughters in body diseased, feeble in intellect, in heart and soul a sham and a sham!

COLD WATER BATHING.

DR. TOMFOOL is exhibiting the dimensions of his mental caliber, by furnishing the newspapers with the fact that he bathes in the river daily throughout the winter; usually runs two miles, plunges in, splurges about, and runs home. Rather think he hasn't much "practice" to attend to beyond that on his own person! He has sometimes to cut the ice, and takes his bath when the thermometer has been fifteen degrees below zero. Suppose it was a thousand; the water itself is no colder than if it were thirty-two degrees above. He frequently stands in the snow while using flesh-brush and towels; and dries himself by a cold north-east wind. Well! what is the advantage of this particular fuss every day? Why, that he has a good appetite, sleeps soundly, seldom takes cold, and

never had disease of any kind. Rather an unfortunate confession! for a person seldom has but one disease in the body at a time: if he has gout, he has nothing else; if he has sick headache, he has nothing else; if cancer or consumption, nothing else. Again: there is a malady, a very serious one, whose existence all see and know and admit, except the unfortunate patient; and although it is daily wearing him to the grave, he can not be made to acknowledge its presence, and dies, believing himself a sound man. It is a disease of the upper story. For fear the reader may not "*comprenez-vous*," we will explain. When a man is a fool, you can't make him believe it; he will not medicate his malady; hence with all his experiences, he gets to be a bigger fool every day to the very last. The tendency of the article is to make persons believe that such heroic bathing prevents coughs, colds, and sickness in general.

Per contra: The Editor of this Journal has good health, sleeps soundly, seldom takes cold, has not swallowed a dose of medicine in many years, nor lost a meal for want of an appetite, always eats as much as he pleases, and never bathes in cold water. The last bath of that sort was nearly twenty years ago, on a Christmas-day, by jumping off the bow of a ship, into the Gulf of Mexico, "for the fun of the thing." He always washes face and hands in quite warm water, when it can be had; and the body once in a while. He drinks tea, coffee, etc. daily, and is about as spry in thought, word, and deed as most people. He might as well say that these "advantages" were owing to his washing in warm water, as the other doctor, that his immunity from coughs, colds, and sickness, was owing to his bathing in the river when the thermometer was below zero; or that avoiding liquors, tea, coffee, and tobacco made him a healthy man.

The probability is, that both of us had good health to begin with, and learned by regularity, carefulness, and temperance to take care of it. The "*Propter hoc*" mode of argument is exceedingly fallacious, the inference because a healthy old man did this, that, or the other thing all his life, that therefore he was thus healthy. Persons have lived in good health to the age of three-score years and ten, who rose early and rose late; who drank liquor three times a day, (or an indefinite

number of times,) and did not drink it at all; who were out of doors a great deal, or seldom had the sunshine on them; who were very good, and who were very bad. The object of these statements is to show the fallacy of attributing a long and healthful life to one thing, to its presence or its absence, and to direct attention to this important truth, one which strikingly exhibits the wisdom and the love of our Father in heaven. That men can live long in any country, clime, or latitude, in the use of the things around them, by wisely adapting themselves to their circumstances, in temperance, industry and equanimity; that these not only of themselves promote length of days, but antagonize the baleful effects of deleterious agencies. If a man does bathe every day, or never uses tea, coffee, liquor, or tobacco, or eschews fish, flesh, and fowl, he will not be exempt from disease and premature death, unless he is temperate, careful, systematic, and serene, and with these, he can cover "a multitude of sins" physical.

More than a year ago, we met a shipping-merchant, an old friend, one of the most estimable of men as a husband, father, citizen, and merchant. He began to expatiate on the enjoyment of a regular morning bath; the delight, the recreation, the glow and subsequent feeling of refreshment. "I never take a cold, am regular as a clock, eat no suppers, take nothing from breakfast until five o'clock dinner, for which I have a relish which is delightful, and as I think, owing to my regular cold morning shower-bath."

"Were you in good health when you began?"

"Oh! yes, always had good health."

Three months ago we saw him at his own house; not the portly, vivacious, and rubicund man of the previous year; the cheek had faded, the flesh had flabbed, the eye had paled of its lustre, and the voice itself was subdued and sad. He was the victim of an agonizing chronic disease.

It should be the wisdom of all to look for a healthful life, not in this one thing, or that or the other; but in the cultivation of a habit of temperance, industry, and equanimity.

THE OLDEN TIME.

"WHAT are you doing there, Pat? digging a hole?"

"No, your honor; I'm digging out the dirt, and leaving the hole there!"

In the early times of the old "Chamberlain," we were elected to the office of "critic," and kept it all the days of our sojourn at college, with short exceptions, to go up higher. We were so full of fun, and so merciless on delinquencies, that if at any part of the "session" there was "a full house," it was sure to be when "Father Hall" had his reports to make. How well we remember being a committee of one about some trifling repairs to be made, costing perhaps ten cents, and presenting a report of ever so many pages. Such uproarious cachinnations never came so near raising the roof of "Old Center." And only think of it! The society, by a unanimous vote, ordered it to be read a second time, and then to be placed in full on the minutes, when such men were there as Gideon Blackburn, and David Nelson, author of that unsurpassable book, "The Cause and Cure of Infidelity," and John Green, and Nathan L. Rice, and others who have since become eminent in their day and generation, such as Lewis W. Green and—ahem!—the Editor of HALL'S JOURNAL OF HEALTH, etc., and so on.

About this time it was our custom now and then to go out to "Judge Green's," where our correspondent lived. We asked him a very simple question, and with his remarkable vivacity, promptness, and fearlessness, he replied thereto.

"What is a hole, C.?"

"It's an orifice bounded by space."

"If in a pane of glass, does space bound it?"

"Yes, at the two ends."

"But the side boundaries?"

"Then a hole has two ends and a side."

"But suppose it's a well?"

"Then all the end is in one direction!"

"Won't do, C., try it again. What is a hole?"

"It's a vacancy surrounded by circumstances, varying according to the nature of the case."

There's fun in the remembrance of these things, as there was

fun in the action of them. Blessed times they! when all was sunshine, emblematic of the better country on the thither side of Jordan, where we shall be always young, always happy, always good. Surely it is worth a lifetime of special effort to reach that land. Another "thirty," and we'll both be there, to go no more out. Reader, may you be along!

Such were the thoughts suggested on receiving the following from an old college-mate, who has made himself a place and a name among men, and whose work has been neither wood, hay nor stubble, but "goodly stones" in the great building:

"I READ IT STRAIGHT THROUGH!

"You ask, 'What?' HALL'S JOURNAL for March. I began just after closing my Greek Testament in the morning, intending five minutes for glancing over its contents. Despite of the weightier matters pressing, an hour was gone, and I was at the end of a number which no one can read without profit. That loss of yours! What use had pickpockets for your manuscript? If they will pay good prices, I can furnish them some from the same hand, written in other days and under other skies. I wonder if you would know yourself were I to report to you a bundle of extracts? Is it the same *Hall* that I used to see and hear in the academic shades of Old Center? that sat at the same table at Aunt Tabitha's? that met us in the intellectual gymnastics of the *Chamberlain Hall above the chapel*? that wrote me those valued epistles when our paths diverged so widely? I see very clearly the ear-marks of mental identity. But the physical temple has been four times taken down and re-built. Has this process been like the re-building in your metropolis-home—for a cottage, a palace; for a city of brick, a city of marble? Then I must look out for a *sturdy athlete—the six-foot stature*, and the *raven black hair* gracefully falling over that '*teeming dome of thought* and palace of the soul.'

"I can not find words to express my high appreciation of the moral animus of your JOURNAL. *The right and the true forever!* This I perceive to be your motto, though no where blazoned in golden letters. I was present at the sowing-time; the harvest has for years *been ripening*. We see how the ancient law abides—the seed yields after its kind. '*Let the earth bring forth grass, the herb yielding seed, and the fruit-tree yielding fruit after his kind.*'

I see how the same law sweeps up into the higher ranges of the moral world. Once we did meet at Irving Place. You marked it by your able volume on throat diseases, placed in my hands for old acquaintance' sake. Before I got home I met a clergyman of distinction, sinking rapidly. His charge was surrendered; great ulcers were choking his utterance. I lent him the book. All that followed I do not know. This much I can testify: *that minister became a successor of the late and revered Dr. Spencer, and now is Professor in the great N. W. Theological Seminary.* He started the book to me in my Ohio home, through the Post-Office. I suppose some suffering official intercepted it, as it never reached me.

H. G. C."

DEPOPULATION.

THE Society of Friends, called Quakers, are allowed by common consent to be the most exemplary people in the world; no sect or class exceeds them in integrity, industry, and in individual deportment as to all the proprieties of life. While as a community they are prosperous in business, live in simple comfort and abundance, there is a thrift about them individually, which is the admiration of all who know them. In a million of paupers, or beggars, or criminals, there will scarcely be found a single "Friend;" and yet they are depopulating with a greater rapidity than the Sandwich Islanders, whom wasting diseases decimate every few years. In 1690 there were in Great Britain and Ireland some seventy thousand "Friends;" to-day there are not more than twenty-six thousand, although the population of those countries has been trebled. Since 1810, the deaths among Friends in Great Britain have exceeded the births by twenty-four hundred. These facts strikingly show how statistics may be read amiss, and how actual figures may lie; for at first glance it would seem that they were wasting away by disease, when it would follow that industry, thrift, and a blameless life not only failed to give length of days, but promoted premature decline and death. This would be on a par with the reasoning of some wicked men, who assert that because more than half the Sandwich Islanders have died off within the memory of men, and that within that time they have been civilized and Christianized, that Christianity is the cause of their numeri-

cal decline; when the true reason for it is known to be the introduction of the small-pox in part, but in greater part the dissemination of an infamous disease among them by French and English sailors, and by the introduction of brandy at the muzzles of the cannon of French men-of-war. Hence, so far from missionary labor being the cause of their depopulation, it is to missionary labor, its antagonizing influences as to drunkenness, idleness, and effeminacy, the fact is owing that a Sandwich Islander lives to prove that such a people ever existed.

As to the "Friends" in Great Britain, so far from their blameless lives being a cause of their depopulation, it is known that they live longer than the people around them, by an average of fifteen years. Hence a cause of their decline must be looked for elsewhere than in a physical, physiological, or hygienic point of view. Premiums have been offered for the best essays as to the causes of a decline which thinking men contemplate with a melancholy regret. The general opinion, outside of themselves, seems to be that they have declined in numbers from the strictness of their discipline and their dislike of a "hireling ministry." Whatever may be the cause of their decline, that decline, and to their credit be it spoken, is a source of sincere regret by the reflecting and the good.

POISONOUS ROOMS.

NOTHING short of "line upon line" is sufficient to impress great practical truths on the common mind; hence the reiteration of the fact that using wall-paper having a green color in it, especially if fuzzy, and not glazed, is immediately destructive of health, and of life itself if persisted in; as proof: H. Fulland, near Tipton, England, lately moved in a new house; all his children became curiously affected, worse at night than during the day: they were exceedingly restless; a singular twitching or jerking of the muscles, especially of the face, and general decline of health, indicated the working of some insidious agency. The physician had them promptly removed to another room, when they began at once to recover their health. On a small piece of green-colored paper on the walls of the room left, there was found on analysis enough arsenic to poison a man.

DYING NATIONS.

WHY do nations die? Cultivated Greece and all-conquering Rome; Vandal, and Goth, and Hun, and Moor, and Pole, and Turk, all dead or dying! Why? Murdered by nations more powerful? Swallowed by earthquakes? Swept away by pestilence and plague, or starved by pitiless famine? Not by any of these. Not by the lightning and the thunder; not by the tempest and the storm; not by poisoned air or volcanic fires did they die, and do they die! They perish by moral degradation; the legitimate results of gluttony, intemperance, and effeminacy. When a nation becomes rich, then there is leisure and the means of indulging in the appetites and passions of our nature which waste the body and wreck the mind. As with nations, so with families. Wealth takes away the wholesome stimulus of effort, idleness opens the flood-gates of passional indulgence, and the heir of millions dies heirless and poor, and both name and memory ingloriously rot!

If then, there is any truth and force in argument, each man owes it to himself, to his country, and more than all, to his Maker, to live a life of temperance, industry, and self-denial as to every animal gratification, and with these, having an eye to the glory of God, this nation of ours will live with increasing prosperity and renown, until with one foot on land and another on sea, the angel of eternity proclaims time is no longer!

INFANTS AND AIR.

PARLIAMENTARY returns show that of twenty-eight hundred infants annually sent to various hospitals to be taken care of, twenty-four out of twenty-five died before they were a year old! A law was immediately passed that they should be sent to the country thereafter, when it was found that only nine out of twenty-five died the first year; that is, instead of twenty-six hundred and ninety dying, there were only four hundred and fifty, a difference of twenty-two hundred and forty.

This simple unvarnished statement of an indisputable fact, ought to impress the mind of every parent deeply, with the importance and the duty of using all practicable means for se-

curing to children the habitual breathing of the purest air possible; being careful to avoid a radical, mischievous, and most prevalent error that warm air is necessarily impure. Warmth is as essential to infantile health as pure air. How best to secure both, should be our constant study. There are more deaths under five years of age, in New-York, than there are from five to sixty years, owing to three things, a want of pure air, of suitable warmth, and proper food. In these three wants are found the overwhelming majority of causes for the fearful statement above named. Let every parent in city or country, in hovel or mansion, mature these things.

To die childless, after having been once blessed with dear children, must be one of the most terrible of all calamities of the heart; yet, in countless multitudes of cases, the sufferers are the authors of their own crushing sorrows, by reason of their unpardonable ignorance or more criminal neglect.

GYMNASIUMS.

WHAT is the use of eating like a pig, and then have to work like a "nigger" to get rid of it, or explode? The best gymnasium is a wood-yard, a "clearing," or a corn-field. There is some sense in these things, because a valuable object is accomplished by the efforts, and the healthful influence of the same thrown in, thus killing two birds with one stone, which is Nature's method of procedure in many beautiful instances. The saliva, the tear-drop, and the perspiration, lubricate the mouth, and eye, and skin, and at the same time carry out from the body a large proportion of its waste and impurity. The breath which comes from the lungs is so loaded down with the *débris* of the system, that if inhaled in the state in which it leaves the body, it would produce instantaneous death; so impure, that if kept a single minute longer in the lungs than ordinary, we fairly gasp for life; and yet, that same foul breath, under the name of carbonic acid gas, makes, in its outward passage, the soft whisper from beauty's lips, the ravishing notes of delicious music, or the thunder tones of resistless oratory.

Suppose a fellow learns in time, and by labor enough to earn a small farm, to climb a greased pole fifty feet high, what is he

to do when he gets there but to slide back in double quick time to the place he started from, and then go about his business?

What if he can jump sky-high, or turn a dozen somersets without stopping, or lift a calf bigger than himself, or hold, at arms' length, for two or ten minutes, a heavier weight than his own soggy head, what does he get by the "operation"? We hear of some "doctor" going about the country lifting up enormous weights, and exhibiting feats of strength which make a practical man feel what a pity he wasn't employed in felling trees, or mauling rails, or grubbing potatoes. It is stated that he has lifted with his hands a weight of one thousand one hundred and thirty-six pounds, and that he was sanguine, in twenty days more, of being able to lift twelve hundred pounds. The more he can prove himself to lift, the bigger fool he is, and the more fit for an asylum; for the next thing will be that he has ruptured a blood-vessel, and then for the remainder of life he won't be able to earn his salt, and some body will have to support him.

It is reported that arrangements are in progress for establishing gymnasiums for students, and the members of Young Men's Associations. Are our embryo doctors, and lawyers, and clergymen, going to make Tom Hyers and Bill Pooles and Yankee Sullivans of themselves? Does the ability of a jurist depend on the amount of beef he carries? Is a physician's skill to be determined by the hardness of his muscles? Is a clergyman's efficiency measured by the agility of his monkey capers, by his dexterity in hanging on to a beam by his hind-leg, and swinging up to touch his nose against the big toe of "'tother foot"?

A man's intellectuality does not depend on the amount of brute force which he possesses. It does not require a giant's strength to write a sermon, or make a book, or "clear" a thief, or feel a pulse. Of an assembly of French *savans*, on a certain occasion, Humboldt, being present, was found, by an accurate mode of measurement, to have the least muscular strength of the whole company, of which he was the greatest and the oldest. Small men, fragile men, men of little muscular vigor may have good bodily health, and among such are found a vast excess in numbers of the opposite class, and in all ages and countries who are the brightest of the world's bright stars. As a very general rule, it holds good—the bigger the man the bigger

fool is he. Whoever saw a giant who was remarkable for any thing beyond the size of his body ; while the smallness of his head, and the little that is in it, is a notable thing. Both body and brain need vital force ; the mind is great in proportion as that vital force is expended in the brain, but if it is used up in developing the muscles, the brain must suffer. If one expects to make his living by the exercise of muscular strength, let him, as a boy and a youth, develop that strength by steady labor, and a regular and temperate life ; if it is his wish to make money by legerdemain, by monkey capers, by rope-walking, by miraculous poses, and astonishing feats of ground and lofty tumbling, then the gymnasium is a very proper place for him, and it is well that the energies of the system should be expended in the direction of the muscles ; but if he aims at a professional life, one which is to be followed as a means of living, he must exercise the mental, not the muscular, powers ; to the brain, and not to the beef, must the energies of the system be sent, in order that, by their exercise, the brain may be developed, and the mind work with power.

To sedentary persons, violent, sudden, and fitful exercise is always injurious, and such are gymnastic performances. Soldiers die early. To-day they are doing nothing—to-morrow the forced march, the terrible battle summon up to the very dregs the employment of dormant energies. The disabilities and death of a campaign are many time greater by disease than by the bullet, for shocks, great alternations, always cause disease.

The exercise of the student should be regular, gentle, deliberate, always stopping short of felt fatigue. One hour's joyous walk with a cheerful friend in street, or field, or woodland, will never fail to do a greater and a more unmixed good, than double the time in the most scientifically conducted gymnasium in the world. There are individual cases where the gymnasium is of the most undeniable benefit, but the masses would be the better for having nothing to do with them. A million times better recipe than the gymnasium for sedentary persons, is :

Eat moderately and regularly of plain nourishing food well prepared.

Spend two or three hours every day in the open air regardless of the weather, in moderate, untiring activities.

PURE MILK.

IN the city of Brooklyn there is a large high building, which overlooks a Milkery, containing several hundred cows. Within a few weeks, the official duties of a gentleman required his presence for several days in succession in the upper part of the house first named. He counted the dead cows daily dragged out from the living; one morning there were no less than twenty, and every cart driven from the establishment to supply New-York families, was labeled, "Orange County Milk." The plain inference is, that cows in a condition so horribly diseased that they die in their stalls, are milked to the very day of their death, and this same milk is stirred in the coffee of New-Yorkers every morning, with silver spoons, faultlessly bright. This may be reasonably set down as one of the causes of the nine thousand and odd unnecessary deaths which take place in this city every year, to say nothing of the thirty thousand cases of sickness which need not occur; as one of the causes why the average duration of human life is twenty-six years, when it is thirty years longer (so said) in Philadelphia, not a hundred miles away, and is not as healthfully situated as New-York.

Within two years, a few gentlemen farmers who had friends and relatives in the city, appropriated ten thousand dollars towards a plan for furnishing them pure milk, fresh from farmhouse cows, within a few hours of the milking, and at the same price with the swill article. The friends of their friends availed themselves of the opportunity, until it has now become a business, and the demand is at times greater than the supply. But for the purpose of keeping to the mark of their original determination to supply pure milk only, and it being necessary to have a number of irresponsible employés, it has been found indispensable to institute extraordinary means of watchfulness. A special agent comes to town with the milk every day; and more, under his eye the milk is poured into cans on which are placed in metallic letters the name of each patron; the can is then locked, the patron having a duplicate key. Further, the agent is at pains from time to time to inquire of the customers if there is any fault to be found with the milk or the milkmen.

But the farmers themselves, being in independent circum-

stances, could not be expected to milk their own cows, and must employ hirelings: the general agent has found it necessary to watch these, and inspect the milk as it is delivered at the railroad station, thirty miles from the city. Within a few weeks, the milk of one of the oldest, richest, and most honorable-minded members of the Association was found to be largely thinned with water. The member was promptly and fearlessly acquainted with the fact, and that the matter must at once be investigated. Knowing his own integrity, this gentleman did not knock the agent down, but promptly sifted the matter, and ascertained that only that once "the boys" had accidentally spilled the milk, and thought to cover their negligence by adding an equal amount of water.

This milk is delivered in New-York twice a day. It is received by the agent warm from the cows. It is next stirred until the whole is thoroughly cooled; it is then surrounded with ice and sent to the city. Thus the milk is uniformly rich, is not partially converted into butter by the jolting of transportation, and a drink of it is perfectly delicious to a citizen. The office is at one hundred and forty-six East Tenth street, near Broadway, New-York. These statements are made without the knowledge of any of the parties concerned, and those of our city readers who by changing their residences on May-day, may lose their old milkman, would do well to give the Rockland and New-Jersey Milk Association a trial.

THE PANACEA.

THE great cure-all, the catholicon for the removal of untold human ills, physical and mental, which will make of life a summer sky, which will replace the darkest clouds with the gladdest sunshine, which will put a budding rose where erst flourished the ragged thorn, is the blessed habit of an implicit reliance on the wisdom and the love of Providence in every occurrence of life; of humble gratitude if it is gladsome; of uncomplaining resignation if it is adverse; abiding in the firm faith that if it is dark to-day, it will be bright to-morrow, saying and feeling of every dispensation: "Not as I will, but as Thou wilt." This is the balm of Gilead; this is perennial health; it is happiness, it is bliss.

THROAT AND LUNGS.

IN a practice of seventeen years, devoted exclusively to the treatment of throat and lung affections, we have arrived at the following conclusions, that:

First: Throat-ail, or Clergymen's sore throat, called chronic laryngitis, is, in four cases out of five, originated in the stomach, and that to attempt to remove it by any other means than such as are adapted to improving the digestion and waking up the activities of the liver, is the sorriest absurdity of the age.

Second: When consumption of the lungs is threatened, or is actually present, the first great and efficient remedial agent, worth incomparably more than all the drugs on earth, is the spending of every hour of daylight possible, in the open air, in some moderate, unfatiguing employment, and the eating of as much plain, nourishing, and relished food as the stomach will digest. Next to that, as being more universally accessible, is an India-rubber Life Preserver, and for reasons which no physiologist of even ordinary acquirements would for a moment dispute.

The health of a man's lungs in reference to consumption, depends upon their capacity to receive the air he breathes. Hence that capability is called "vital capacity," and is measured by the amount of air the lungs can throw out at a full expiration. This capacity varies according to age, sex, weight, and stature; all of these can be safely left out of view in ordinary cases, except the height. One man can blow up a bladder, can fill it at a breath; another in equal health of lungs would require two breaths, showing that the lungs of the former had twice as much air as those of the latter. The cubic method is that adopted for the measurement of the air in the lungs, or by the pint; and it can be as accurately done as if it were water, to the fraction of a gill or inch.

Forty cubic inches make a pint: a man of ordinary size, in good health of lungs, will expire at a single effort, six pints of air, or two hundred and forty cubic inches.

If a man five feet ten inches high could distend fully at a single breath, an India-rubber bag, bladder, or other receptacle, which held two hundred and forty cubic inches of air, it would be a physical demonstration, that all his lungs were within him,

that they were in full operation, and as a matter of course, there could not possibly be, under the circumstances, any actual consumption, which would be corroborated beyond all cavil, if the pulse was uniformly under seventy beats in a minute.

A person never becomes consumptive until for many weeks, and for months, the lungs have worked imperfectly; thus working imperfectly, the system receives at each breath, less air than it requires; the blood is that much less purified; the body is that much less nourished; hence, as a man falls more and more decidedly into consumption, he has less breath, less blood, less flesh, less strength; this, all know.

But suppose a patient becomes acquainted with the fact that his lungs are declining in their capability of receiving air, losing their vital capacity, the evident indication would be to arrest that decline, and not rest satisfied until it was fully removed. And what more rational course than to practice on the lungs to exercise them artificially; to accustom himself several times a day to blow upon his India-rubber; to try more and more on each occasion to fill it more fully at a single breath?

Some months ago a man came to us who could expire with the utmost effort only ninety-four inches; we sat him down among the incurables; we adjudged him to certain death; still he was urged to try. He promised he would. Ten days ago, March 17th, he presented himself again, having practiced these artificial breathings, and gave a measurement of a hundred and forty-four. Perseverance and an equal rate of increase for a few months longer, will certainly restore him. But this is only one of a multitude of similar cases.

The lesson of the article is:

If coming consumption is always attended with a diminution of vital capacity, of lung activity, of capability of full, free breathing, it must be averted by such practices as will arrest that decline first, and then reestablish the activities. But nobody will heed these momentous lessons, because their practice would cost no money, and they have not the charm of mystery, nor the prestige of brazen trumpets and shameless falsehoods; hence we are not afraid of our practice declining by communicating the information, for we have done it for years, yet our report is as practically unbelieved as that of the prophet of the olden times.

EARLY BREAKFAST.

BREAKFAST should be eaten in the morning, before leaving the house for exercise, or labor of any description; those who do it will be able to perform more work and with greater comfort and alacrity, than those who work an hour or two before breakfast. Besides this, the average duration of the life of those who take breakfast before exercise or work, will be a number of years greater than of those who do otherwise. Most persons begin to feel weak after having been engaged five or six hours in their ordinary avocations; a good meal, reinvigorates, but from the last meal of the day until next morning, there is an interval of some twelve hours; hence the body in a sense is weak, the stomach is weak, and in proportion can not resist deleterious agencies, whether of the fierce cold of midwinter, or of the poisonous miasm which rests upon the surface of the earth, wherever the sun shines on a blade of vegetation or a heap of offal. This miasm is more solid, more concentrated, and hence more malignant, about sunrise and sunset, than at any other hour of the twenty-four, because the cold of the night condenses it, and it is on the first few inches above the soil in its most solid form; but as the sun rises, it warms and expands and ascends to a point high enough to be breathed, and being taken into the lungs with the air, and swallowed with the saliva into the stomach, all weak and empty as it is, it is greedily drank in, thrown immediately into the circulation of the blood, and carried directly to every part of the body, depositing its poisonous influences at the very fountain-head of life. When in Cuba many years ago, we observed that the favorite time for travel was midnight; and the older merchants of Charleston may remember that when deadly fevers prevailed in hot weather, they dared not ride into town in the cool of the morning or evening, but midday was accounted the safest. We know, from many years' living in New-Orleans, that it was when the evenings and mornings were unusually cool, balmy and delightful, the citizens prepared themselves for still greater ravages of the deadly epidemic for the first few days following.

If early breakfast was taken, in regions where chill and fever, and fever and ague prevail, and if in addition, a brisk

fire were kindled in the family-room, for the hour including sunset and sunrise, these troublesome maladies would diminish in any one year, not ten-fold, but a thousand-fold, because the heat of the fire would rarefy the miasmatic air instantly, and send it above the breathing-point. But it is "troublesome" to be building fires night and morning all summer, and not one in a thousand who reads this will put the suggestion into practice, it being no "trouble," requiring no effort, to shiver and shake by the hour, daily, for weeks and months together; such is the stupidity of the animal, man!

GROWING OLD HAPPILY.

THERE is naturally but one disease, that of old age. To leave the world as gently as go out the embers on the hearth, or as the candle in its socket, without pain, or shock, or spasm, this is worth taking pains for! Literally, the lot is terrible, of a man with tottering limbs, and gray hairs, dying by piecemeal from racking rheumatism, from torturing gout, or the slow-eating cancer! the mind all the while, by reason of incessant pain growing morose, querulous, bitter, and atheistic! On the other hand, how ineffably beautiful is it to arrive at a hearty, buoyant old age, without ache or pain or sadness; sunshine always in the face, gladness in the eye, the heart meanwhile welling up and running over with human sympathies and love divine, of whom "my mother sang" so often in the clear, sweet, and cheery tones of youth and health.

"The day glides swiftly o'er their head,
Made up of innocence and love,
And soft and silent as the shade,
Their nightly minutes gently move.

"Quick as their thought their joys come on,
But fly not half so swift away;
Their souls are ever bright as noon,
And calm as summer evenings be."

And when their work is done, their journey ended, the life of time melts into an immortal existence:

"As fades a summer cloud away,
As sinks a gale when storms are o'er,
As gently shuts the eye of day,
As dies a wave along the shore."

To have the lamp of life thus go out, physically, we must live regularly, temperately, actively; for by these means only can the great human clock work well until all the wheels wear out together, and all cease their running at the same instant: then there is no shock, no pain, no torture, and scarce a perceptible struggle, so that the moment of *départure* can be noted only by the most scrutinizing eye. Reader! may such be your exit and mine.

SPRING DISEASES.

ANY housekeeper would be considered demented who would keep up as fierce a fire on the hearth in the spring as in mid-winter. On the contrary as the days grow warmer, less and less fuel is used, until the fire is not kindled at all. One of the two main objects of eating is to keep the body warm; and it need not be argued that less warmth is required in summer than in winter; but if we eat as heartily as the spring advances as we did in cold weather, we will burn up with fever, because we have made too much heat. The instincts of our nature are perfectly wonderful. To our shame is it, that we not only do not heed them, but oppose them, fight against them with an amazing fatuity. As the warm weather comes on, we are all conscious of a diminution of appetite, and we either begin to apprehend we are about to get sick, or set about stimulating ourselves with tonics, and bitters, and various kinds of teas, with a view to purifying the blood. How many swills of sassafras-tea has the reader taken to that end! No such purification would be needed, if we would follow nature's instincts, and eat only with the inclination she gives us, instead of taking tonics to make us eat more, when we actually require less.

Observant persons have noticed that as spring comes on, there is less relish for meats of all kinds, and we yearn for the early spring vegetables, the "greens," the salads, the spinnage, the radishes, and the like. Why? Just look at it! Meats

have more than fifty per cent of carbon, of the heat-forming principle. Vegetables and berries have ten per cent, five per cent, one per cent of heat! Potatoes have eleven per cent, turnips three per cent, gooseberries only one.

Literally, incalculable are the good results which would follow a practical attention to these facts. Those who are wise will take no tonics for the spring, will swallow no teas to purify the blood, nor imagine themselves to be about getting sick, because they have not in May as vigorous an appetite as in December, but will at once yield themselves to the guidance of the instincts, and eat not an atom more than they have an inclination for to the end of a joyous spring-time and a summer of glorious health; while those who will eat, who will stimulate the stomach with tonics, and "force" their food, must suffer with drowsiness, depression and distressing lassitude; and while all nature is waking up to gladness and newness of life, they will have no renovation and no well-springs of joyous and exuberant health.



SINGULAR MEDICINE.

ISAAC V. FOWLER, our city Postmaster, is said to be the handsomest bachelor in New-York; but next to him is one of his "subs.," whom, meeting in Nassau st., the other day, so rosy, rubicund and round, we thus accosted:

"Why, you're as hearty as a buck!"

"Yes! I keep the bowels free, and read HALL'S JOURNAL OF HEALTH."

With the utmost confidence we advise all who are well, and desire to keep so, to follow the same prescription. As to those who are ailing, there can be no doubt that three fourths would get well of all ordinary maladies, by the same means; but the practical motto is: "Untold thousands to regain health; to retain it, not a dollar." Weeks and months of effort to arrest the progress of wasting disease; to prevent its commencement, not an hour. Such is the inconsideration, such the improvidence of nine persons out of ten, even among the educated.

SLEEPING IN CHURCH.

MOST persons know the distressing effort it requires, sometimes, to keep awake, during the delivery of a long and not particularly interesting sermon, on a summer's day; various expedients have been devised to remedy the indecency, such as pinching one's self, holding one foot three or four inches above the floor, or taking a short nap immediately before going to church. One of the most quiet, efficient, and prompt remedies we have yet fallen upon, is to put into the vest-pocket, a teaspoonful of the powder of pure cayenne pepper, and when any drowsiness is experienced, put a good pinch of it in the mouth. Some enterprising apothecary might make a hit by fabricating Red Pepper Lozenges.

BALANCE OF POPULATION.

IN Newtown, Mass., one person in every seven, of eight thousand souls is Irish; at the same time, half of all the births were of Irish children; that is, one Irishman is equal to six Americans in populating power. It is stated that in Boston, the births from Irish parents are more numerous than American. At this rate, we will soon be extinguished, like the Sandwich Islander and the Indian. But there is an antagonizing influence always at work. The Irish are day-laborers; the Americans are well to do, hence, live ten or fifteen years longer; in addition, the inherent love of liquor, an appetite which seems to be born with them, works an early death; another still greater cause of mortality, is their domestic habits; as a class, they live in hovels, unfit even for the beasts of the field; this, with their notorious improvidence, aids in bringing about the general result of a greater proportional mortality.

The same general rule holds good as to rich and poor; the laboring poor have the most children, as in the days before Moses and Aaron; at the same time, their greater exposures, hardships, privations, excesses, and sorrows equalize life.

Book Notices.

H. B. PRICE, 884 Broadway, New-York, has issued in handsome style, a book which few can read without pleasure and profit, being *Fragments from the Study of a Pastor*. 252 pages 12mo, 75 cents. By Rev. George W. Nichols, A.M.

Gould & Lincoln, Boston, merit the patronage of the Christian public by publishing *Rawlinson's Historical Evidences of the Truth of Scripture Records*, stated anew, with Special Reference to the Doubts and Discoveries of Modern Times. 454 pages, \$1.25. It is eminently worthy of a wide circulation.

Phonography. Pitman's Manual, Cincinnati. 12mo, 50 cents. It is the most complete and practical Manual of Short Hand yet issued from the American Press.

How to Live Economically. By Fowler & Wells. 343 pages, 12mo, 63 cents. Is literally and without exaggeration worth its weight in gold to all classes of persons who aim at comfort, competence, and wealth.

Among a multitude of valuable issues, the Messrs. Francis, 554 Broadway, in the *Guide to the Knowledge of Life*, being a comprehensive Manual of Vegetable and Animal Physiology, by R. J. Man, M.D., have given a Work to the public which deserves a place in every intelligent family, and to be a text-book in every respectable literary institution in the land.

A book which of itself is a library, and without which no gentleman's or scholar's library is complete, is *Webster's Dictionary*. 1860. 1750 pages, \$6.50. The entire work unabridged, containing Pictorial Illustrations, Table of Synonyms, Alphabets of Hebrew, Chaldee, Samaritan, Arabic, and Syriac, Tables of Scripture Names, Greek and Latin Proper Names, and Modern Geographical Proper Names, with their pronunciation, a Pronouncing Vocabulary of the Names of distinguished Individuals of all countries of modern times, and last, but not least, Quotations, Words, and Phrases, Proverbs and Colloquial Expressions from the Latin, French, Italian, and Spanish, rendered into English, Mottoes of the United States, Abbreviations explained, Principal Proper Names of Persons in the Old and New Testaments, Arbitrary Signs, Mathematical, Astronomical, Monetary, etc., Peculiar use of Words and Terms in the Bible, Hebraisms, Syriasms, etc., etc.

Journal of Rational Medicine, Cincinnati, O. Edited by C. H. Cleaveland. \$1 a year. Filled with Articles, practical and suggestive.

Hygienic and Literary Magazine. Atlanta, Ga. \$2 a year. M. A. Malsby, Editor and Proprietor. Judging from No. 2, Vol. I., it promises to be a useful publication.

Pacific Expositor. San Francisco. A Monthly, \$3 a year. By Rev. W. A. Scott, D.D., who is one of the most forcible writers and eloquent ministers of his time. His zeal and energy have made him a useful and efficient mark, to be shot at! as is the fate of all men of might and mind. To do and to suffer here, and to enjoy hereafter, is the common lot of good and great men.

Public Schools. The school committee of Salem, Mass., to prevent overtasking children, have reduced the recitations from four a day to three; thus far the change has worked beneficially. May the reform rapidly extend!

Balance of Brain and Body is a singularly instructive, practical, and curious Article in the *Herald of Progress*, for April. \$2 a year. New-York.

The New-York Mentor is one of the most thoroughly scissored of all our secular exchanges.

American Druggists' Circular, New-York, contains more practical information in Chemistry, Materia Medica, and Practical Medicine, than any Medical Monthly issued.

Braithwaite's Retrospect. Semi-annually. \$2 a year. By W. A. Townsend & Co., 46 Walker street, New-York. Is a complete compend of Medical Progress and News throughout the world, and merits the patronage of every educated physician who aims at preëminence.

THIRTY-TWO! Health Tracts are sent post-paid for 12 cents.

Missing Nos. of the *Journal of Health* will be supplied for 6 cents.

No person need write on any subject without inclosing a post-paid envelope to their own address, as very few persons write their own names legibly to us, although they may be plain to themselves, or deciphered by their own post-masters.

All subscriptions to the *Journal of Health* begin with January last.

Notices, Reviews, Etc.

American Medical Gazette, New-York, monthly, \$2 a year. Edited by L. Meredith Reese, LL.D., 10 Union square.

Boston Medical and Surgical Journal, monthly, \$3 a year. 8vo, in its 51st vol.

College Journal, \$2 a year, Cincinnati, Ohio.

Medico-Chirurgical Review, quarterly, \$3 a year. Republished from London by the Messrs. Wood, 389 Broadway, New-York. Standard publication.

Eclectic Medical Journal, Philadelphia, Pa., monthly, \$2 a year. William Paine, M.D., editor and publisher.

Scalpel, New-York. Edited by Edward L. Dixon, 42 Fifth avenue, New-York. Quarterly, \$1 a year, 8vo.

Massachusetts Teacher, Boston, Charles Anson, editor, \$1 a year.

Merry's Museum, New-York, for boys and girls, \$1 a year.

The Hesperian, monthly, San Francisco, Cal. Edited by Mrs. F. H. Day.

Blackwood's Magazine, monthly, \$3 a year. Republished promptly by Leonard Scott & Co., 79 Fulton street, New-York. Also

North British Review, quarterly, \$3 a year. Republished by the same house.

The London Quarterly Review, \$3 a year. *The Edinburgh Review*, \$3 a year.

The Westminster Review, \$3 a year.

These four *Reviews* and *Blackwood's Magazine*, whose contributors are among the finest minds and the ablest writers of Great Britain, are afforded for \$10.

The Christian Review, \$3 a year, quarterly, by Sheldon & Co., 115 Nassau street, New-York, is the organ of the Baptist Church, and is now in its 25th vol.

The Pacific Expositor, San Francisco, Cal., monthly, \$3 a year. Edited by Rev. W. A. Scott, D.D.

The Presbyterian Expositor, \$2.00 a year, Chicago, Ill. Edited by Rev. N. L. Rice, D.D., Professor in the North-Western Theological Seminary, and is devoted to the exposition of the doctrines of the Presbyterian Church.

The Presbyterian Reporter, Chicago, \$1 a year, monthly.

Presbyterian Magazine, \$1 a year. Published monthly at Philadelphia, Rev. Dr. Van Rensselaer, editor.

American Agriculturist, \$1 a year. Issued monthly by Orange Judd, A.M. Published also in German.

American Phrenological Journal, monthly, quarto, \$1 a year. By Fowler & Wells, New-York.

Water-Cure Journal. Same size, price, and publishers.

Life Illustrated, same publishers, weekly, \$1 a year. No. 308 Broadway.

Scientific American, weekly, \$2 a year. Published by Munn & Co., 37 Park Row, New-York. The best publication of its kind in the world.

Home Journal, \$2 a year, weekly, 107 Fulton st., New-York. By Morris & Willis.

Musical World, weekly, \$2 a year. R. Storrs Willis, editor, 379 Broadway. In its 22d volume.

Mothers' Journal, \$1 a year, monthly, New-York. Edited by Mrs. Hiscox.

New-York Teacher, \$1 a year, Albany, N. Y.

Home Monthly, Buffalo, N. Y., \$1.50 a year. Mrs. Airey & Gildersleeve, Eds.

Western Farmer, Chicago, Ill., \$1 a year.

Home and School Journal, Chicago, Ill., \$1 a year.

The Farmers' Monthly, 8vo, Detroit, Mich., \$1 a year.

American Farmer, Baltimore, monthly, \$2 a year.

Eclectic Med. Jour., \$2 a year, Philadelphia.

Millennial Harbinger, \$1 a year, monthly. A. Campbell, editor, Bethany, Va.

Evangelical Repository, Philadelphia, Pa., \$1 a year, monthly.

Godey's Lady's Book, \$3 a year, Philadelphia. The queen of pictorial monthlies.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

JUNE, 1860.

[No. 6.

DONATION-PARTIES,

SURPRISE-visits, lottery-drawings, fairs, *et id omne*, away with them! they are a hypocrisy, a cheat, a degradation, the whole of them, not a single exception, and being so, the sooner they are abandoned the better.

Donation-parties and surprise-visits are the ways and means of giving material aid to clergymen, who either need it or do not: if they do not need this aid, then the proceedings are simply a stultification of all concerned; if they do need such aid, it shows the great inconsideration if not actual injustice, of those to whom the minister preaches; it clearly indicates the fact that he is not properly sustained, and that his parishioners know it.

The practical workings of these machineries are always deceptive, always degrading, and lead to unmixed harm; they are a pecuniary loss to the clergyman himself, and a moral loss to the people of his charge.

It is the nature of gifts to degrade, to cause a feeling of dependence, of inferiority, and of obligation. A minister's palm should be as guiltless of a bribe as that of a judge. No foreign minister of our government is allowed to receive a present of any description in his official capacity, or even privately, by virtue of his station; not even the President of the United States can receive a gift or present from any nation. This is wise, and is based on a true knowledge of human nature; and neither ought a minister of the Gospel, who is, by virtue of his office, a minister from the Court of the King of kings, an ambassador from the skies.

To the disgrace of the American people, three fourths of the
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clergy who should live by the Gospel, who should be amply supported, are not adequately paid, are compelled, if they have no private means, to the most pinching economies ; live in circumstances distressingly straitened ; and endured, too, in multitudes of cases, with an uncomplainingness and a heroic courage which is beyond praise.

The usual history of a case is this ; a Society needs a minister ; they engage to give him a certain amount, which is most generally barely if at all adequate to his necessities, and the people know it. Perhaps not one in any dozen would be willing to give a year's labor for what is promised the minister ; but there is an unexpressed feeling that there are certain perquisites which may supply the deficiencies ; there are the wedding-fees, and the donation-visits and surprise-parties, the proceeds of which are of course greatly exaggerated ; the consequence is an actual pecuniary loss in the long run to the minister, who is supposed to have been benefited by them. If there were no perquisites at all, then a larger salary would have been provided, and it would be more promptly and punctually and fully paid, with the incalculable advantage of enabling him to make his calculations and frame his expenditures to the amount received, with the result of a mind at ease all the year round. But knowing the salary to be inadequate, and not knowing what the sum total of the perquisites will be, there is hesitancy, uncertainty, disquietude, perplexity and unrest from one year's end to another, crippling the energies of the minister himself, depressing his wife, and causing a somber cloud to rest upon the whole household, to the moral injury of the minister himself and that of every single member of his society. The most wearing of all feelings is that of uncertainty, and especially of apprehension, and these are the abiding feelings of a large class of men who are literally the salt of the moral world, the national conservators ; men who, for intellectual attainments, for moral culture, and a refinement of feeling at once elevating and pure, have not their equals in all human society besides ; and all the more galling to these superiorities, are the uncertainties of an indefinite salary.

Another constant source of deception is, presents of articles are made, which the minister's family does not want ; or are commercially valuable, but not worth to the minister one tenth

part of what they cost. A twenty dollar "work-box" is a beautiful present to a minister's wife ; but she could do without it, and two dollars in money would be practically more valuable to her. That two dollars would purchase a religious newspaper, which would be of more actual advantage to a minister's growing family, and to himself, too, than a room full of twenty-dollar work-boxes, which, as presents, he would not feel at liberty to sell. Moral : If you have any thing to give to your minister, give it to him in money, and it will be worth to him at least double its value in any thing else, in three cases out of four.

It then follows that these machineries, which the Evil One no doubt contemplates the workings of with considerable satisfaction, operate a pecuniary loss, both to the receiver and to the giver ; to the giver, because two dollars in money would have done more actual good than the twenty-dollar work-box ; while as to the minister, these costly presents are counted as cash, as that much of a salary, when he is not able to make use of them. So these fancy, costly presents to ministers' families are money thrown away by the parishioner, and money lost to the persons intended to be benefited by them.

It is not in human nature to resist the mollifying influences of gifts : the great mind of Lord Bacon could not resist it ; hence it is every where ground for impeachment and removal as to our judges, and there is a universal sentiment of approval, even in the midst of the most uncultivated of our population. In short, there is only one true, honorable, safe and manly course to be pursued in reference to our clergy, and if it were universally adopted, it would throw over this nation a conservative and an elevating influence which would make it in reality the glory of the whole earth ; and it is this : Let every evangelical clergyman of all sects have a salary fully adequate to a plain, unostentatious mode of life, and let it be promptly, regularly and fully paid in money, to the very last cent ; and never let him be presented with a single dollar or its value, except under circumstances which would effectually prevent the giver being known, except to that giver and to God, who will reward him openly in due time.

To pay a laborer half-a-dollar for a day's work, when it is acknowledged to be worth a dollar, and then to make a present

to him of the other half—what is it? Your minister ought not to be treated thus. The laborer is worthy of his hire. A clergyman's salary is his right, it is for work done, and he is entitled to his pay in money, in full, and promptly at the day. But to seek to pay a part of it as a gratuity, is nothing less than a trickery, a subterfuge, a meanness, and a degradation, and is direct temptation, a bribe and a command: "Speak unto us smooth things." Hence these things are a profanation, and always will bring leanness to priest and people.

Since the above was put in type, it is stated that, "At one of the recent festivals in Boston, Judge Thomas of the Supreme Court, in urging the necessity and justice of giving an adequate support to clergymen, condemned donation-visits, as being mortifying confessions of the failure to pay an honest salary to the clergy, and as eking out an insufficient support by giving what is not wanted, and what is worse, making a charity of the wages of honest labor."

WHISKY-DOCTORS.

A CONSIDERABLE number of persons applying to us for the treatment of throat and lung affections, in answer to the inquiry, "What have you been doing for your ailment," reply, "Using Bourbon whisky:" nine times in ten adding, "It seemed to do good for a while, but has not effected any permanent benefit." Very many persons troubled with a tickling in the throat or annoying hawking or hemming, as a consequence of a disorder of the stomach, evidenced by a changeable or indifferent appetite, bad taste in the mouth of mornings, cold feet, or general chilliness, have been "advised to take a little whisky at meals." The very fact of their seeking further counsel after trying the whisky treatment, is conclusive of its inefficiency. In nearly all the cases, especially from New-England, the practice has been adopted by the "advice of the family physician." One of the best American surgeons known to us, is the most inveterate liquor-drinker. Loving it himself, it was a standard item of commendation to a great number of his pa-

tients. This might be accepted as a proof of the efficiency of whisky as a medicine, except for the fact that for the last few years the community have lost confidence in him, and he is no longer considered as A No. 1 among his brethren.

Some physicians have a practice of attempting to make a good first impression by "bolstering" up their patients at once with the various preparations of alcohol or opium, so as to get a good report started. "Why! as soon as Dr. Blank came to see me, I began to get better, even from the first dose of medicine." But when the inevitable death takes place, it is comparatively easy to find a plausible reason for the result, in a sudden change of the weather, in an unfortunate cold, or an error of diet. It is not believed that among regularly-educated practitioners, there is one such in five hundred; but there are such, and it is well for the intelligent reader to be on his guard against employing a man who is not slow to advise whisky, or gin, or beer, or any other alcoholic material, as a daily medicine, and for the very sufficient reason:

The "benefits" arising from the daily use of any thing that can intoxicate is always factitious, unreal, and deceptive, and sooner or later, the cheat will be found out, by the system not only failing to be kept up, but going down to a point lower than that from which it started, with the attendant ill results of its greater inability to rise, and its greater inability to repel the attacks of disease or the ill effects of deleterious agencies.

It is the very nature of alcohol, in all its forms, to goad, and not to strengthen; as it is of opium to blunt and not to eradicate; neither of them ever cured, or aided to cure, any human ailment, except so far as they gave nature time to rally her forces; hence, beyond one or two administrations or "doses," in any given case, their use is mischievous; for, while their immediate effect is deceptive and unsubstantial, the secondary tendency is always, and under all circumstances, to aggravate the malady and to increase the chances against restoration.

It is not contended, at least at this time, that neither opium nor alcohol in any form ought ever to be used as medicines, but it is asserted without any fear of disproof, that the physician who never prescribes or takes either, will be the most successful man as to promptness and permanency and frequency of cure.

It is with these views that two articles have been read in the April number of the *American Gazette*, whose able and veteran editor stands among the highest in the allopathic ranks, which good and wise men will not fail to regret. One is a philippic against Dr. Hiram Cox, of Cincinnati, whose efforts, in an official capacity, to present to the people demonstrative evidence of shameless and perfectly murderous adulterations by the liquor trade certainly merit the countenance and commendation and respect of every benevolent man.

In the same number, which attempts to bring ridicule on Dr. Cox, there is found an indorsement of some body's whisky, all the way from Philadelphia, as the real, original, identical "Jacobs," as being pure as the dew-drop, and "as the very best thing for the sick." This "celebrated" whisky is commended by the editor, on the very conclusive and absolutely irresistible ground that the maker of it stands "vouching that nothing but the genuine pure article" will ever be offered for sale. So will the milkman within five minutes from a "swill-dairy," vouch, nay assert his willingness to make his "affidavy" that he sells pure Orange county milk, and as further proof points to the name of "Orange" in gilt and gold on one end of his cart, and a cow with a long tail on the other, exclaiming, with the conscious pride of argumentative strength: "Don't yer know that it's only stump-tail cows what gives swill milk?" In addition, the official opinions of four expert chemists are paraded to give weight to the whisky; and in close proximity to their names is read: "Such whisky is in many cases of disease, a nutritious and wholesome stimulant." But whether said chemists say these identical words, is not stated; even if they did, their sentiments must be taken with some allowance, for some of these sponsors for the superior excellence of Philadelphia whiskey have "aforetime" stood god-fathers for lager beer, German gin, under the name of "Schiedam Schnapps," and swill-milk; that "lager," in any takable quantity, could not intoxicate, and that there was not such a tremendous sight of difference between swill-milk and other ordinary kinds. It seem to us that Wolfe's gin was chemically analyzed and be-praised by some of these men; and the professional opinions which they have given of the hurtless nature of the contents of patent medicines which have been submitted to their analysis

for the last few years, would fill a volume. Does any body with a single mite of sense left, suppose that a patent medicine compounder would put the real constituents of his "stuff" in the sample which he furnished the chemist for analysis? Would he not be a "born fool" not to keep out of "that bottle" at least, all the corrosive sublimate, prussic acid, sugar of lead, copperas, and strychnine which was common to the articles "on sale"? It is greatly to be regretted that scientific men should for pay, in money or soft sawder, lend their influence to simpletons and knaves, to the risk of the health and life itself of the community at large.

The assertion that Mr. Thingumbob's Philadelphia whisky is "nutritious," and "good for the sick," draws rather strong on common-sense; but money is the stronger—so down it goes! This Philadelphia whisky is said to be "celebrated." We never heard of it before, or in our multitude of exchanges came across its name once; but on the day we read of it, we heard of a "Philadelphia fact" of some "celebrity," and from one of the denizens thereof, that within the memory of the present generation, it has never been known that so many persons have died suddenly as during the last winter in the City of Brotherly Love; that a most extraordinary mortality has been observed to prevail during the last eighteen months among business men and others of the "fast" class, between the ages of forty-five and fifty-five. They herded together pretty much. They dined, and drank, and played, and champaigned, and terrapined, and lobstered with each other by turns. They were very proper men. Nobody ever saw them drunk!

"They were nae fou'
But just had plenty."

Now if the Philadelphia man's whisky was so particularly good, it must have come to their knowledge and patronage, and putting the two together, it is perfectly plain as to the manner in which the apple got into the dumpling and the milk into the cocoa-nut. "Vivas," long and loud to chemical experts and accommodating editorial doctors, to Philadelphia whisky and humbug!

PROSTITUTION OF HIGH HEALTH.

NEVER having read Shakspeare, or Milton, or Byron, or the productions of the "Great Unknown," the presumption is that we have missed a great deal or nothing. Schiller is the high-priest of some, and we have heard Emerson quote Goethe, as if he were a god in his estimation. The life of the "Patriarch of German Literature," was one of great contradictions. Before he was eight years old, he was exercising in German, French, Italian, Latin, and Greek, yet did not die of brain-fever or dropsy in the head. He drank wine, was prodigal of money, and was odd in his manners. His "social faults looked society contemptuously in the face," but as a swordsman, a rider, and a skater, beyond most of his time, he lived to the age of eighty-two years. He wrote one of the most doleful books ever published, known as the *Sorrows of Werther*, yet himself took life without sadness, and enjoyed it to the full. His writings gave out a light of their kind, in the glare of which multitudes delight still to live; yet at the age of sixty he doubted the existence of a divine providence, because he could not see through His dispensations, who in wisdom ruleth over all, and at the age of eighty-two, he still could not see, and died exclaiming: "More light!" He died in darkness when the world was in a blaze of sunshine! And why? because he was without a Bible, without a religious faith, and without a God, if we take his favorite expression as the embodiment of his creed,

"The end of life is life itself,"

which, if it means any thing, is,

Let us eat and drink, for to-morrow we die.

Goethe had high health, a vigorous constitution, a great position, and a world of friends. But with the baleful sentiment that this life was every thing, God was not in all his thoughts, and he lived only in himself.

This narration is given as a warning to the few who never have an ache or a pain, that they may not grow up and live thankless and thoughtless of the great talent of perfect health, but rather consecrate it, in humility, to good-doing, so that when the mortal eye closes in the night of the grave, it may open upon the ineffable splendors of an immortal existence.

CLERICAL MARRIAGES.

SOME irate individual has worked himself up to fever-heat, and the next very natural step of fault-finding, in the daily papers, that young clergymen would marry almost as soon as they obtained their "license," with the doleful result, in a great many cases, of a houseful of children on a starvation salary. Perhaps this gentleman was so ugly or so shamefaced, that he could get no body worth having to marry him; for of all persons in the world, girls of any kind of spirit have a contempt for "sheepish" young men and small-soul calculating people. Maybe he was more successful in getting a wife than children; and took to the tactics of the Fox without a rudder. Be that as it may, every liberal-minded man will cordially admit, that as the clergy, as a class, are the best educated, the most influential, as well as the most unexceptionable in their deportment in the relations of life, whether as citizens, neighbors or kindred, they are richly entitled to all the privileges and immunities of law-abiding men, whether they be candidates for matrimony or for Congress. Let young clergymen take their chances, and if they have to pay a good price for the same, if the whistle costs them dear, it is their own look-out. "As they mak their bed, so they maun lee doon."

It is particularly doleful to have a whole houseful of children, and not have the wherewithal to support them in any kind of respectability; but then there is something in the doctrine of compensations; and who shall deny that a dear, delightful, sweet-tempered wife, as neat as a new pin, as prudent as Miss Prim; as firm as a rock in the right; as pure as the dew-drop, and as smiling as the morning, is worth more than a houseful of children, and will counterbalance many of the inconveniences of too much property of that sort, and not enough of another kind?

In important respects, a man without a wife is of "no account." He has very little "position," either in society or in the financial world, because it is felt that there is nothing to fix him; nothing to prevent him any day from spiriting himself away to "parts unknown." These items hold good as to clergymen, while their relations are such, that being unmarried,

they are disqualified from the unexceptionable performance of some of their duties; making them liable to be thrown into many embarrassing situations; besides, they can not truly and properly sympathize with those who are married and have children, and are sore vexed, and "careful about many things."

But any thing can be done which, under the circumstances, ought to be done, and the following straight shoot between Scylla and Charybdis is proposed:

Whereas, a man without a woman is "a poor shoat" any how; and

Whereas, he is a baby, without a wife, and is always in a fret or a stew or most annoying unfixedness, being in "a strait betwixt two," (a wife or no wife); and

Whereas, a state of betweenity is as uncomfortable as a locality upon the points of two horns of a dilemma; and

Whereas young clergymen will get married, whether it is prudent or advisable or not;

Let it be permitted that they marry immediately if not sooner, with the following sole restriction:

That no unmarried clergyman be allowed to take to wife any one who is not a maiden of a third of a century in age.

The advantages of such an arrangement are neither few nor small, while the disadvantages are not important.

There would most probably be no more than three or four children.

The chances would be very great that the mother would have the health, strength and vigor to perform to them all of a mother's duties, live to see them settled in life, and still not be very old.

The minister would then have a wife whose maturity of judgment, whose force of character, and whose bodily energy would enable her to be to him a counselor, a sustainer, a housekeeper—thereby not only being a help-meet for him, in his official capacity, but by relieving him of all household cares, he would have leisure to devote himself entirely to his more appropriate duties.

A woman at the age of thirty-three and a third years, who has never been married, is considered *passée*; is called an "old maid," and the term is most unjustly used in derision. The very fact of being an old maid is *prima facie* evidence of the

possession of purity, prudence and self-denial, and these are essential to the character of a perfect wife; without them, no woman is worth having.

Being an "old maid," implies decision of character; neither shams nor shows nor courtly manners nor splendid persons have won them over; nor fair promises nor shallow tears; they looked beyond the manner and the dress, and finding no cheering indication of depth of mind and sterling principles, they gave up the specious present for the chance of a more solid future, and determined in hope and patience and resignation, to "bide their time."

It is this firmness of purpose, this trait of the mind which looks at future utility, more steadily than at present gratification, that makes all the difference between a mother who is priceless, or of nothing worth. She can not gratify her child or herself to-day, for the reasonable chances of an ill to-morrow. The too-yielding mother has been the utter ruin of multitudes, who else might have been an honor to their kith and kin and country.

In a hygienic point of view, the advantages of marrying a woman who is mature in body, in age, in mind, in judgment, in culture, can not be easily computed; they are beyond measure. On the other hand, for a mere girl to become a mother, is to give up almost every chance of health, and peril life itself; is to throw away a decade of joyous youth, of delicious anticipations "long drawn out" in gladness, growing the sweeter in their expectancy, making of girlhood a lengthened sabbath of sunshine, which ending in a wise marriage, is looked back upon to the close of life with the most delightful associations, yet not regretfully, a deeper sweetness being in the present—all this is thrown remorselessly away, by her who marries too early.

The subject may not be better closed, than by recording the sentiments of a noted name in behalf of that class, from among whom this article recommends the clergy to wed. "I have no sympathy with that rude, unfeeling, and indelicate phrase, *old maid*, which is bandied about in the mouths of rude, unfeeling, and indelicate persons. It is true, that a selfish nature, cut off from all duties and ties, and sinking back into the solitary life of a selfish heart, becomes most unlovely and useless. But

shall the few cloud the true nobleness of the many? How many elder sisters, it may be unblest with outward comeliness, have entered into a brother's or a sister's family, and accepted all its cares as the duty of their life, and, joining hands with the mother, given to each child, as it were, two souls of love, like two wings of God, to help it fly up withal from weakness and ignorance to manhood and strength! How many have cheerfully given up their own whole life, built no nest, sought no companion, but sang in the tree, and near the younglings of another's nest, patient in toil, watchful and laborious in sickness, frugal amidst poverty, rich in nothing but good works, and in these abounding in wealth! When the roll is read above, and they are named that lived in self-sacrifice, in gentleness, in patience, in love, and in the only triumph of disinterested mercy, they who are unmarried and childless, that they might more heroically serve the households of others, and become mothers of children not their own, shall stand high and bright."

WHAT KILLED HIM?

PLEASANT memories gather around the name of Washington Irving. By six years, he had passed the "threescore and ten," and with the advantage of his quiet and regular mode of living, he might well have remained with us for some years to come, had it not been for advice, kindly intended no doubt, but given in thoughtlessness and reckless ignorance. He had a cold, which "by some injudicious prescription, had been converted into an asthma, which was at length accompanied by an enlargement of the heart," of which he died without a moment's warning; this at least, is the published record. Who gave that "prescription," and what it was, the outside world may never know. Doubtless half a dozen lines would embody it, and would do more good as a beacon-light than will be done by any hundred pages of his "Complete Works," now in process of publication by Putnam. It may be safely taken for granted that the prescription was a drug of some kind, if not a dozen of them, "simple" and unsimple, the main one being opium in

some form, laudanum, paregoric, or morphine, for no mixture ever sold for coughs, colds, and consumption, ever, by any chance, fails of one of these ingredients. Such mixtures always soothe, always diminish the cough, causing a belief that they are doing good, hence they are more freely and frequently taken. It is precisely as if, when the hold of a ship is on fire, the hatches are closed, and because no more smoke is seen to arise, the captain should immediately place himself at ease, under the conviction that the fire is out, while in reality it is but kept under, gathering force, only a little later to break forth with resistless power.

Opium does not cure any thing; it never did. All that can be scientifically claimed for it is, that it gives time to nature or the physician, as does closing the hatches when the hold is on fire; but if the time is not wisely improved, disaster must follow.

Cough, in a cold, is nature's effort to eject from the lungs what does not properly belong there; precisely as when a crumb "goes the wrong way," that is, into the windpipe instead of the stomach. In each case opium diminishes the sensibility of the parts so that they do not feel the presence of the offending particles, and nature is cheated. Any one can see that because a dose of morphine quiets the cough from a crumb in the windpipe, it does not "cure," it does not bring it away. Most precisely so is it with phlegm in the lungs; it has the effect to keep it there to accumulate, just as water does in the spout of a pump, when little boys close the mouth of it with their hands, pumping on all the time. Here the comparison ends. However long the water is kept in, it is water still. Not so with phlegm in the lungs; every instant it is kept there, the heat of the parts being a hundred degrees of Fahrenheit, it evaporates, becomes less watery, and of consequence, more tough, harder to dislodge, increasing in bulk by accumulations which also grow thicker by evaporation, until "the pipes" are plugged up with tough phlegm so that the air passes it with increasing difficulty, and the patient wheezes like—an asthmatic; the lungs labor fearfully for breath, they can not get enough air, hence the blood becomes impure and thick, and in this condition goes to the heart, which labors to send it on through the body, but can not wholly empty itself at each beat, as is natural;

and the blood still pouring into it from the lungs, it gets preternaturally full, hence its fibers are relaxed and then distended: this is "enlargement of the heart." For a while nature struggles to relieve herself of this surplus, until the laboring heart has expended all its strength in the vain effort, until it can not give another beat, and suffocation is the instantaneous result.

Many a man before now, has been literally "killed with kindness," as it would seem was the fate of Washington Irving, of whom it may be truthfully said, he was kindness personified. No sooner does a man show that he has a cold, than advice is protruded in the glibbest manner possible by every second friend he meets. Let the reader learn by the sad narration given, never to give or take advice, even in so simple a thing as a common cold. Let counsel come in all cases from common-sense or a physician.



PHYSICAL TRAINING.

MUSCLE, not money, has been the absorbing topic of conversation for some weeks past, on both sides of the water. It is well to derive what good we may from passing events, especially as in them there is much that is exceedingly curious, interesting, and instructive. A "ring" is made, which can be described by a rope inclosing a space of twenty-four feet square; into this arena the two champions enter, each having his "corner," with two seconds beside him; the spectators are outside the ropes. At a signal, each approaches the center, and on meeting, begin to batter each other's faces and heads with their fists. The moment one falls to the earth by slip or stratagem, or a knock-down, both retire to their respective corners, to remain until the referee calls out "time." Each of these operations is called a "round." Ordinarily, persons might suppose, that when a man is knocked down, he should be carefully placed in a bed, with camphor and smelling-salts, and a soft sponge, and delicate cotton rags, or the finest lint, and the nicest court-plasters should be put in requisition, to restore him as soon as possible. Not so in the prize-ring. The interval between a man's being felled

to the earth like a bullock, and that of his facing his antagonist for the chance of another flooring is very short, generally short of a single minute! In the famous battle in 1825, between Jack Jones and Pat Tunney, two hundred and seventy-six rounds were fought in two hundred and seventy minutes. This statement is made to show first, how little time a man has for rest after having been knocked down—not half a minute on an average—and second, how rapidly, in a high state of health, the human constitution recovers from such shocks.

It is exceedingly curious to notice with what studied care the strength of the combatants is husbanded, and it should be made a note of by all who are called to nurse the sick; for to “save the strength,” that it may be expended by nature in bringing the invalid back to life and health, is in many instances of vital importance. Nothing is allowed in the ring, which by any possibility could be seized upon, in a fit of passion, to inflict an injury; hence a chair or stool is not permitted. Every one knows that it requires a great deal more effort to rise from the ground or floor, than from a chair; hence the second, or bottle-holder, takes his position with one knee on the ground, the other so disposed, that it makes a convenient and soft seat for the contestant during the very brief period of his rest.

In the recent contest, when one of the combatants was down, his seconds would not allow him to waste any of his strength in efforts to rise, but ran to him and brought him to his corner in their arms. Towards the last of the contest, the Englishman did not waste his strength in keeping his arms up in the attitude of defense, until his opponent came almost within reach of him; it perhaps did not amount to ten seconds of time, but it was something. There are cases of spasmodic asthma, when the patient feels as if he would almost die if he were to speak three words, there is so little breath to go upon! In an election-fight in our childhood, between Isaac Allen and John Lyon, which was continued after both of them were unable to speak, and neither could strike hard enough to hurt a chicken, the former proved victorious; but he afterwards said that the friendly pat of encouragement with the ends of the finger on the side, seemed to almost knock the breath out of his body. He was much the smaller man, and lived to the age of four-score years. Hope our readers will not jump to the conclusion that fisticuffs

promote longevity! Within three years we saw a gentleman dying; he sat up a moment or two, and motioned to be laid down; his attendant was not strong enough to place him on his pillow in an easy, gentle manner, but did it with a sudden effort, which had the effect to knock out what little air there was in the lungs, and death was instantaneous; it might otherwise have been deferred for hours. Hence it is impossible to be too tender, to be too gentle with the sick. If persons could know the effort the sick have to answer a simple question, even if it could be done with a yes or no, they would be very sparing of them. When a person is quite ill, it requires strength to listen to a question; it requires strength to frame an answer, and strength for enunciation, all of which is strength wasted, in very many cases indeed.

There is an immense amount to be learned in the item of nursing the sick; untold agonies might be saved to them in the matter of tone, and look, and gesture, and motion. We have not seen Florence Nightingale's book on nursing, but from extracts in the papers, it is very likely the most useful book on the subject ever printed, for it seems to be the result of observation, not of "authority" or mere theory.

As every reader is destined to nurse or be nursed, sooner or later, and as very many of them may be earnestly longing for that vigorous health and strength which they once possessed, but of which, alas! they were too prodigal, we think a good purpose may be subserved by copying from the *New-York Clipper* an article headed "Training," being hints on diet, exercise, muscular development, etc., including a description of the manner in which the principles were carried out in actual practice in several cases, embodying, as they do, a sound physiology, according to the best lights of the times.

"It is an indisputable fact, that no animal is so much improved by training as man—none stands such long and severe preparation with advantage, and none displays the difference between condition and its absence in so great a degree. But it is not only that man may be enabled to do certain feats of activity and strength that training is desirable, but that he may do them with pleasure to himself, and even with advantage to his general health; and this marks the grand principle which every man who values health should constantly keep in view, namely, that no one should attempt to compete in any contest requiring agility or strength, unless he has had such a preparation as shall enable him to perform his task without feeling

any ill effect from it. For instance, the man in condition can row through a race of three or four miles, in which his whole powers are taxed to their very utmost, and shall at the end of it be almost blind from the exertions he has made; and yet before he gets out of the boat he is 'all right,' and could go through the same in half an hour without injury; whilst the man out of condition lies nearly fainting, or perhaps quite insensible for many minutes, or even still longer, and is only revived by stimuli to an extent which will not allow any further liberty to be taken with his naturally strong constitution. Pluck will do much in place of condition; but numberless are the instances of ruined health from the excessive drafts which have been made upon this valuable quality, whilst a little care and abstinence would have prevented any such irreparable misfortune. To enable the man who is of sound constitution—but, from mismanagement, out of health—to restore himself to such a state as will allow him to go into training without mischief, is rather a difficult task in most cases, because it not only requires some skill to know what to do, but also great self-command to avoid that which ought not to be done. In the vast majority of instances the health has been impaired by excess of some kind, and in many by every variety of excess which human ingenuity can suggest. But it is wonderful how completely the anticipation of a great match or contest will enable a 'fast man' to throw all temptation on one side, and to adhere to all the rules laid down for his guidance with the rigidity of an anchorite. His reply to all tempting offers is: 'No, that is bad training.' Such is not always the case, it is true; but to a great extent; and more pluck is frequently shown in abstaining from temptation, than in sustaining the prolonged efforts which such a race demands. There are two kinds of excess which are the most likely to have produced such a state as we are supposing—namely, excess in eating, drinking, etc., and excess in literary or other sedentary pursuits. Either will for a time entirely upset the powers of the stomach, and in fact the whole system, and each will require very different treatment in order to restore those powers. These conditions will also vary very much according to the rank in life, habits, and natural constitution of the individual. For instance, a gentleman's son, having been generously brought up, goes to the university and indulges to excess in wine, smoking, etc., all the while taking strong exercise. For a time his naturally strong constitution enables him to withstand the attacks of the poisonous doses of wine and tobacco which he is taking, but soon his hard begins to shake, his appetite for solid food ceases, his eyes become red, his sleep is restless and unrefreshing, and he is threatened with an attack of delirium tremens. Now, if in such a state as this an attempt is made to go suddenly into training, the consequence is either that the above disease makes its appearance at once, or, in milder cases, that the stomach refuses to do its duty, and the prescribed work can not be performed from giddiness, faintness, sickness, or headache. By a little care and time, however, this state of things may be removed. But suppose the case of a young man in a lower rank, who has been brought up on a spare and rigidly abstemious fare, and who from circumstances is suddenly allowed to, ndulge in all the temptations of the public house; he has no other resource.

—no hunting or cricket to take up his attention—no lectures to attend, and the consequence is, that beer and tobacco commence the day, and tobacco and spirits wind it up. Such a man suddenly finds all his energies going; his mind dull and enfeebled, his body weak, flabby, and bloated. In a happy moment he bethinks himself that he will take to boating, or some other amusement which he has formerly perhaps been addicted to, and at once proceeds to the river or the road. Well, what is the consequence? Why, instead of feeling the better for his exertion he is completely knocked up, and perhaps permanently discouraged and deterred from any further trial; in fact, he requires a much more careful treatment to get him into a state of health fit for such an exertion than some others, because the change from his former habits has been greater, because the imbibition of beer and spirits has been more uninterrupted, because the rooms he has frequented have been less perfectly ventilated, and because he has taken little or no exercise. Indeed, it is astonishing what quantities of intoxicating drinks may be imbibed without much injury, provided that a corresponding amount of exercise is regularly taken. We have known young men take from one to two gallons a day of strong ale for many months, etc., without any great injury. One of the most plucky oarsmen we ever knew, regularly swallowed the above quantity, and still pursues the same course, apparently uninjured by it. This gentleman, however, is always walking or riding, and is also by nature of an iron constitution. But a far more difficult task lies before the reading man, who has been devoting twelve to eighteen hours a day to a preparation for honors; and who, finding his health giving way, determines upon going in for honors of another kind. Here the nervous system has been overtaxed, aided by green tea, wet cloths around the head, and perhaps a liberal supply of tobacco; the consequence is, that the neglected muscular system is unfit for exertion, and the limbs become stiff and cramped on the slightest effort. This state of things requires many weeks, or even months to restore the system to a state fit for undertaking any severe work, because the muscles are wanting in solid material, and the nervous system is so irritable as to be totally incompetent to stimulate them with that steadiness and regularity which is essential to success. The same state of things often occurs in the counting-house—a young man is confined for ten or twelve hours a day to the desk and ledger; he has no time for exercise, and his nervous system is over-stimulated by incessant calculation, and also by the constant view of the white paper spread before his eyes; he gets the ‘ledger fever,’ and many a young man is rendered by it utterly incompetent to continue this kind of drudgery. Some relieve this unnatural condition by early rising and pedestrian or horse and rowing exercise.

“CAPTAIN BARCLAY’S METHOD OF TRAINING.

“The great object of training for running or boxing matches, is to increase the muscular strength, and to improve the free action of the lungs, or wind, of the person subjected to the process, which is done by medicine, but may be effected by regimen and exercise. That this object can be accomplished is evident from the nature of the human system.” *(To be continued.)*

PUBLIC SCHOOLS.

THE May article on this subject has elicited very considerable attention and commendation. A physician of long experience and close observation called to express his gratification, and, at our request, made the following statement corroborative of our views :

"I have, in many instances, explained, warned, and remonstrated in vain with parents, against the overstraining of the brains of children. A lady informed me that she did not know what to do with her little boy, aged six years. He had become fractious and irritable ; small provocations threw him into a violent passion, and he was becoming uncontrollable. On inquiry, I learned he was going to school, was learning very fast, often repeated parts of his lesson in his sleep, which was restless and disturbed. At one time his head was hot, at another the perspiration from it would drench his pillow ; his appetite was capricious, his limbs were small, his flesh, which he was losing, was soft ; all indicating, as I informed her, an over-worked brain, and that the powers of life were being rapidly exhausted. She promised to speak to the father, but proceeded : ' What in the world shall I do with him ? He is so fractious, there is no living in the same house with him. Besides, the teachers do not want to give him up. He is one of the best scholars at school. If taken away now, reädmision may be refused hereafter.' In about a month after I met the mother again, but she was in deep mourning. The element of household disturbance had been removed, but in a manner most unwelcome. The child had taken a fever, which at once settled on the brain. The 'best boy in the school' talking incessantly : day and night, in his delirium, he kept on repeating parts of his lessons, and so continued until the last hour of his life !

"This is not a solitary case. There are others like it of daily occurrence, and the child of promise and of pride passes away ; the parents, meanwhile, all unconscious of the very direct agency they had in a death so premature and sad. Prompt reforms are needed in all schools, public and private ; parents and people, the pulpit and the press, should agitate and agitate un-

til wiser and better and more humane counsels prevail. Our public schools are too much on the high pressure system; too many hours are allotted to study; too many lessons; too many kinds at one time; too much urging; too much stimulation by compulsion or penalty; by shame or fear; above all, too much is imposed on the pupils out of school-hours. Mothers in feeble health are compelled to toil from morning until night in the performance of household duties, while their half-grown daughters are poring over their hard lessons, with tired and fevered brains; both mother and children needing help in their respective employments."

To these well-put statements of Dr. Shepherd, another may be added, which commends itself to the humane. Public schools were primarily intended for the poor, whose children otherwise would have grown up in ignorance, neglect, idleness, and crime. But by the systematic, thorough, and able manner in which they have been conducted in the city of New-York, some of them, especially those located in certain districts, have so commended themselves to the higher classes, that, in bad weather, private carriages, with their various liveries, are seen to take up or deposit the "responsibilities" of our wealthier citizens at the doors of the public school-room, with this most oppressive result to the poor, and their children: Lessons are invariably given to the children to be learned at home, in addition to the six hours spent in the school-room; to master these requires almost the entire time from dismissal in the afternoon until the hour for reassembling in the morning; and even this would, in many instances, be an impossible task but for the aid which educated and well-to-do parents can render their children. But when the parents are poor and ignorant, they have not an hour to spare, even if they had the mental ability to aid their children in their tasks. In fact, in many cases, the almost discouraged and exhausted mother needs the aid of her half-grown daughters, as Dr. Shepherd so well observed, in the performance of indispensable household duties. How many of these children of poverty, in their ambition to stand well in their classes, study themselves into exhausting nervous fevers, inflammation of the brain, and an early death, we may never know, but the number must be great! This goading of the children of the poor to death is worse than the overseer's lash;

it is literally a murderous inhumanity, and reason and common-sense call aloud for its immediate rectification, by the unconditional and absolute abolishment of study out of school-hours, in the city, out of the city, every where!

HAMMER ON.

FORTUNATE are they who, while they are living, can witness the fruit of their good doings, and are further rewarded by evidences of a grateful appreciation on the part of those for whose benefit they live and labor.

A worthy and conscientious clergyman—and there are many such—was greatly distressed in the inability to see that he was living to purpose: his advice was unheeded; his counsels disregarded, he seemed to himself like one who was beating the air, and that the work of his hands was labor lost. Nor was this the greater trouble; with the humility which belongs to a good heart, he began to lay all the blame on himself; to feel that he was not only not doing any good, but was hindering some other and more able laborer from saving the “lost.” In such a frame of mind, scarcely knowing what to do, it is related that he had a dream, to the effect, that with the tiniest hammer, he was appointed to break in pieces an immense rock. The task seemed utterly hopeless, yet he did as he was bid, without seeing that he made the slightest impression, and he was on the very point of exclaiming, in irrepressible impatience, “Wherefore all this useless labor?” when the huge mass crumbled to pieces. He was one of that happy class of minds which endeavored habitually to see the hand of Providence in all that occurred, and felt and sang

“In each event of life how clear,
Thy ruling hand I see.”

And with unwonted alacrity, he girded himself to new and wider labors, with the result of gathering such a harvest as in his wildest imagination he never dreamed of.

While this is a beautifully encouraging lesson to all who are called to work in darkness, it should make those thankful who

are permitted to see that they are doing a good work, that they are accomplishing useful ends, and that lookers-on clap their hands and pleasantly exclaim: "Good speed be to ye."

This latter is the editor's lot in conducting the JOURNAL OF HEALTH. Letters of commendation are coming in from all quarters, written by stranger hands; names unknown take upon themselves a personal visit, to express a word of encouragement. A professional gentlemen of this city, who is destined to eminence, made free to say: "I hope you will never abandon your writing, whatever you may do as to your profession. You are filling a space which was never thus occupied before, and which is of the highest importance. I hope you will hammer on."

We do confess to an abiding yearning after earlier paths, and can not say what a day may bring forth: we make no engagements, only to let every thing be arranged for perfect freedom of action when the time for action comes. Fetters, avaunt!

A correspondent says: "There was one suggestion in one of the early numbers of 1859, which has been worth a dollar a week to me every since. I allude to your advice to eat absolutely nothing after four o'clock in the afternoon. My sleep, since I acted on this advice, has been so much sounder and more refreshing, that I begin to feel like another man.

"I was much interested in the bachelor's tract, on page 279, of vol. 6, 1859. Inclosed is something similar, a re-publication of essays to do good, selected from HALL'S JOURNAL and others, which is being circulated here gratuitously, in the hope that it may help to happyfy many hearts and homes.

"It is my intention to do more than ever this year to extend the knowledge of your JOURNAL among clergymen and theological students, many of whom are perishing, or leading comparatively useless lives, for want of the hints it gives, and which can be found no where else that I know of, unless where they are so mixed up with phrenology, or a quasi-infidelity, that these good men are not likely to esteem as truth what they find in such doubtful company."

Will the Messrs. Fowler, the editor of the *Herald of Progress* and the *Water Cure*, who write so many good things in reference to temperance and a wise life, make a note of it that we are only making a verbatim quotation?!

A letter dated from the "House of Representatives" says:

"I feel constrained to say, that I am more than satisfied with your JOURNAL, as eminently deserving the support of an intelligent people. Indeed, I have said more than once, 'It is worth fifty dollars a year,' and I believe it."

Another writes: "I had the opportunity, a part of last winter and spring, of reading your JOURNAL OF HEALTH, at the house of a relative, and I was so well pleased with it, that I have desired to have it myself, but I can not spare the dollar. I am an invalid, a broken-down clergyman; I have no salary, and consequently can not send you the subscription-price. I hope you will not give me the go-by, for I will pay you as soon as I am able."

Reader, don't you wish you had the chance of paying for that subscription? You can't have it; that's all. But you might do well to order the JOURNAL OF HEALTH for your own minister; it would be difficult for you to spend a dollar for him to greater advantage, or to make so acceptable a present at so little cost. We have had a number of contributions of this sort, but, with a very few exceptions, they have all come from the south of Mason & Dixon's line. Who will explain it?

A letter just received from a Southern planter, in closing an account of long years of suffering from nervousness and sudden attacks of debility, says: "When half a mile only from home, I would at times feel as if I could never get there. About that time, I began to take your JOURNAL OF HEALTH, and then obtained your book on Health and Disease, and learned how to manage myself better, and have gradually improved every year. I had no hope of getting better, but after I found I improved every year from reading your writings, (for there is no doubt it was the saving of me,) I thought I would now explain my case to you."

Letters like the above, from unknown persons, and verbal relations of strangers from a distance, who come to express their gratifications in person, are, without exaggeration, of almost daily occurrence, and are certainly calculated to encourage us to "hammer on," in cheerful hope that we are doing a substantial good to many whom we may never see or know. Let such of these as may chance to read this page, pay us in full, by doing some act of goodness to any brother being next them,

with the sweet assurance of promoting human harmonies thereby, and that

"It will all be right in the morning."

A literary gentleman wrote us five years ago: "I read your JOURNAL with great pleasure and profit, the only medical work I ever saw that was full of one's own symptoms, and yet not calculated to give him the blues, *en avant*." Oui, Monsieur, Ya, Mynheer, Si, Signor. In the light of these things we will "hammer on," not, however, with the happy don't-careativeness and abandon of former years; for, with a steadily-increasing circulation, there grows apace an increasing feeling of responsibility, and a fear of compromising any influence for good which the JOURNAL possesses, by some ill-advised expression or sentiment. We fear that we are approaching the confines of the other half of the century, for we do daily find that there is a beginning of "fears in the way," that the repressive influences of "policy" are more and more decidedly felt; an inkling after conciliation rather than provocation; an effort to "walk softly;" there is an instinct for whispering out unpalatable truths, and for assuming the "stereotype smile." Tell us, ye aged pilgrims on the lowering side of fifty, if it was thus with you at an earlier time? Say, is it an infallible sign of coming age? If so, please remember all signs fail in dry weather. Our family Bible was lost in a wreck, and people who haven't the slightest use for false teeth, wigs, "specs," or hair-dye, can't be old; it is out of the question; they are only growing wise, learning by degrees that it is better to make a friend than an enemy, and that under any circumstances, a man's "last word" should be one of self-respect or courtesy, if not of actual kindness; for then it is the other party who "burns," or passes a sleepless night, not you!

COURTESY.

No woman can be a lady who would wound or mortify another. No matter how beautiful, how refined, how cultivated she may be, she is in reality coarse, and the innate vulgarity of her nature manifests itself here. Uniformly kind, courteous and polite treatment of all persons, is one mark of a true woman, and of a true man also.—*Anon.*

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

JULY, 1860.

[No. 7.

ATHLETICS.

NEW-YORK is destined to be one of the grandest cities in the civilized world; because it has within it the elements of mechanical and commercial greatness possessed by none other on the globe. The only obstacles at present seen, which can blast these anticipations, are the want of physical and moral health. The latter may, with great confidence, be committed to an educated, active and devoted clergy, and a consistent, liberal and zealous church membership: as to the former, there are signs of promise; thanks to the intelligent and persevering efforts of Drs. Griscom, Sayers, E. Y. Robbins and a few others, public attention is strongly turning towards securing clean streets, clean houses, clean cellars, clean yards and well-ventilated buildings for the accommodation of the poor. In due time, cheap bathing-houses for the masses; elevated, large, light and airy work-rooms for those who live by sewing, knitting and embroideries, the use of which may be obtained for a few cents a day, thus giving them warmth, pure air, quiet and cleanliness, enabling them to work in comfort, cheerfulness, and health. These things will follow in due time, with others of a like humanizing and benevolent character.

We look with great delight in another direction for facilities to promote the health of the children, the boys and the girls, the young men and maidens of our growing city; that is, to the CENTRAL PARK, one of the very largest for purely public purposes in the world.

Fresh and full of sunshine are the memories of what we have seen on the Paseos of Havanna and Matanzas on the sea, in the garden of the Tuileries, the splendid Champs Elysees and the Parks of London, of thousands of well-dressed people on

horse, on foot, in carriage, bent on some gladsome enjoyments, some to see, others to be seen; and all brimful of animation, activity, and life; these daily cavalcades of wealth and fashion and youth and beauty, will of themselves add more to the desirableness of the Metropolis as a residence, than any one other thing connected with it; they will promote health, banish ennui, increase enjoyment, and scatter money, transferring it from the coffers of the liberal rich, to the pockets of the industrious poor and the enterprising, thus increasing the pleasure and happiness of all.

The Central Park will be a magnificent gymnasium, where opportunities will be afforded for every variety of exhilarating exercise. There will be no vain beatings of the air, no frog-puffing, no pendulations of doleful dumb-bells, no vulgar fisti-cuffs, no objectless arm-swingings; but there will be the drive, the saddle, the promenade, the row, the skate, the cricket and the base-ball. There will be a five-mile foot-path for the lounge, the lover and the contemplative; there will be a nine-mile carriage-drive over an easy graded and beautifully smooth turnpike and a separate bridle-road of twenty miles, now uphill, now down, straight a bit, then winding around some projecting rock or miniature mountain, through shaded dell and by secluded cavern, over hills and through tunnels, thus giving to our sons and daughters invaluable opportunities for perfecting themselves in that most exhilarating and health-giving of all the graces, riding on horseback.

For this good time coming and soon to be here, we look longingly; for Gotham will then be the Mecca of the sick, the very paradise of doctors, the maelstrom of apothecaries and all druggery! These are not inconsistent ends; they logically concatenate; the ratiocination is perfect, the reasoning is without a flaw. In the first place, the sick will congregate here from all points of the compass for the unequalled (in the whole world) facilities for securing all forms of exercise in the open air, without the disadvantages of dangerous exposures; and as judicious out-door activities, with waking up entertainments, is the million of remedies out of a million and one for the cure of ordinary ailments, the people, through the influence of common-sense and HALL'S JOURNAL OF HEALTH, will at once be aroused to the advantages offered. The sick being once brought here, New-York will be the very elysium of the educated phy-

sician, because he will have nothing to do but sit in his office during certain specified hours daily, give advice and take the fees, which last will be liberal, as travelers always have money; and travel has the effect of liberalizing expenditures; for any reader of reflection must know that he does not think one tenth part as much of a dollar abroad as he does at home.

"Apothecaries" will go to pot, because there will be no use for their "villainous compounds." The fresh out-door air amid sunshine and fashion and youth and beauty, is more infallibly exhilarating than any brandied "tonic" ever devised—the best anodyne in the world is out-door exercise. No sudorific ever compounded, concocted, macerated or mixed, is more certain of its desired effect, than a walk, or drive, or game in the open air. Nothing so infallibly acts "like a charm" in loosening cough and dislodging phlegm, as wisely conducted out-door activities. Let the experience of any man give its certificate, signed, sealed, acknowledged and sworn to, of the appetizing effects of five miles on horseback "and repeat." Does any body, can any body have the impudence to assert that there is any better "Liver pill" in the world than a two-hours' trot in the saddle at a two-forty pace? The most unsophisticated ninny of a "first course" student knows that if the appetite is right, the skin perspires, the cough is loose, and the "liver works," a man can't die of any thing except of love or a bullet, or some other incongruous concatenation of circumstances. The Central Park then being a panacea for all sickness, drugs and druggery must go by the board, swilling liquor under the guise of "tonics," will be done away with, which by the way has unsuspectingly lured many a man to the bottle, and many a splendid woman to the poppy, to fade away from the society they once ornamented to go down eventually to a contemptuous grave; so that the great Central Park of New-York City, with its eight hundred and forty-four acres of hill and dale, of field and woodland, of rock and plain, will not only be a splendid gymnasium, but a free dispensatory, not of drugs! but of health, and a grand Temple of Temperance.

But there is one point which yet remains to be clarified. How, under these circumstances is New-York to become the paradise of doctors, the regulars we mean! for we throw overboard as unfit for ballast even, the steamer, the mesmerist, the clairvoyant, the cold waterist and the infinitesimal, *et id omne* class of

vagarists, for none of them ever had an idea which was not derived from the investigations, researches, and studies of recognized medicine ; nor can the whole cavalcade of them name a single authenticated discovery in anatomy, physiology, surgery, or physic, nor indeed in any thing else, unless in certain forms of vulgar legerdemain, by which a transference of "meum and teum" is effected by means of oil or fog, without any honorable "quid pro quo." But let that go down into the tomb of all the Capulets.

Scientific medicine will flourish in the dawning Gothamite millennium in this wise. Its legitimate object is to teach the people how to keep well, how to avoid disease, the high and first "chair" in which "school" was conceived, founded, inaugurated and occupied by the editor of the JOURNAL OF HEALTH. But there will be cases, not a few, where there will be causes of mishap and disease which no human sagacity can either foresee or prevent ; in such cases, the educated practitioner will be called in to ascertain the exact "state of the case," and to "prescribe," not drugs, but such forms of activities and such rules of dress, rest, eating, drinking and sleeping, as will most happily meet the requirements of each particular patient ; then by degrees, curing disease without physic, even in homeopathic quantities, will become more and more a science, educated allopathy will be king, and New-York become the home and the Temple of Hygeia !

Nor is this day indefinitely distant. Says the *Daily Times*, already are the available spots of the Central Park visited by large numbers on fine days ; citizens of all classes, from the millionaire to the humble artisan, may be seen enjoying the delightful walks and drives, and snuffing the invigorating atmosphere. When the boats and cheap hacks and the grounds for the ball-players, cricketers, and military are finished, the Park will present on fine days, a scene of brilliancy and picturesqueness unequaled by a Venetian carnival ; and that day ! thank the energy and fidelity of the Commissioners, is not far distant. Already has it become a fashionable resort. On any fine day at five in the afternoon may be seen a display of equipages quite surpassing any thing of the kind on this continent. Horseback-riding is coming more into vogue since a place is provided where that health and grace-provoking amusement can be comfortably prosecuted. Not a few families have changed

their hour of dining in order to be able to ride or drive at a time when the world is to be seen. Not a few persons of means, who heretofore have not cared to keep carriages and horses merely to drive around town, have obtained them recently. Livery-stable keepers have not open vehicles enough to supply the demand of those who wish to hire. The Park is all the rage; it is more frequented and more talked about than the opera; the imported swans are discussed more vigorously than the prima-donnas; riding-habits are in greater demand than opera-cloaks, and a new bridge on a new road provokes more comment even than the *débüt* of another tenor, or the announcement of another work of Verdi. The leaders of the ton have agreed to make Wednesday and Saturday the fashionable days for the drive. Reader, let us be there to see!

English tourists may remember that the Oxford students have boats for rowing, sharp, narrow and long, holding but one person only, and in these they spend many an hour, acquiring by degrees an agility of management and a rapidity of motion very remarkable. It is greatly to be desired that some of these should be promptly prepared for use on the lake in the Central Park under such regulations as will best secure their proper and general use. There is perhaps no form of mere exercise so well calculated to bring into free play the whole muscular system, and so specially well calculated to develop the chest and the strength of the arms; its advantages to girls would be almost incalculable.

It may be of general interest to append the size of the city parks, fractions omitted, and the largest ones elsewhere, premising that the Central Park is, we believe, the largest in the world within the limits of a great city and set apart exclusively for purposes of public pleasure, recreation, and amusement.

	Acres.		Acres.
Bowling-Green, New-York,.....	$\frac{1}{2}$	St. James', London,.....	290
Grammercy,.....	$1\frac{1}{2}$	Victoria,.....	290
Union Square,.....	3	Regent's,.....	360
Stuyvesant,.....	4	Hyde Park,.....	395
Hudson,.....	4	Birkenhead, Liverpool,.....	500
Madison,.....	7	English Garten, Munich,.....	500
Park, City Hall,.....	11	Central Park, New-York,.....	844
Battery, (enlarged,).....	25	Phoenix Park, Dublin,.....	1000
Boston Common, (near,).....	50	Prater, Vienna,.....	1500
Fairmount, Philadelphia,.....	72	Bois de Boulogne, near Paris,.....	2158
Thiergarten, Berlin,.....	200	Versailles Garden,.....	3000

THE TEETH.

SAID Dr. Ostrander, (at the head of his profession in his own State :) "If dentistry had reached its present perfection when I was a young man, the whole tenor of my life would have been altered."

Why?

"I was addressing a young lady of great moral worth, of unusual personal attractions, and the heiress of a large fortune. She had not reached her twentieth year. In a state of repose, her face was perfectly beautiful. But when she smiled, a set of teeth were presented, so discolored, so uneven, so defective and decayed, and the breath was so offensive, that I could not possibly reconcile it to myself to be linked for life to circumstances so repulsive. The very thought of it was abhorrent to me, so I gradually withdrew my attentions, and wedded poverty with a sweet mouth."

Charity may cover a multitude of sins; and a great estate may veil as great a multitude of personal defects, to the uneducated and the vulgar, but the wealth of Croesus could not reconcile a man of culture and refinement to wed a snagged tooth and an odoriferous breath. In the matter of lovability, nothing can compensate for the absence of beautiful teeth and a sweet breath. Hence, parents will perform towards their children most important service by doing what they may to secure to them perfectly sound teeth, not only as an important means of preserving health, but as an invaluable aid in forming desirable alliances.

Two things are indispensable: First, from the age of four years, until marriage, have a good dentist to examine every tooth most minutely, several times a year; second, begin quite as early to impress the child with the importance of keeping the teeth clean, and how best to do it.

A child has ten teeth in each jaw; all these, and these only, are shed; generally, in healthy children, two teeth are shown at eight months, at least eight in fourteen months, and the whole twenty at two and a half years.

From five to six years of age the first permanent teeth appear; and from that time the frequent and vigilant services of a sharp-eyed dentist ought to be secured. The eye-teeth ap-

pear between the eleventh and twelfth year; at fourteen the large double-teeth present themselves, and the wisdom teeth at about twenty.

Hot and cold drinks should be avoided, particularly at the same meal.

The teeth should not be washed in cold water, especially after eating, because the contrast between it and warm or hot food is too striking, and chills them.

Each person should have two tooth-brushes, one moderately stiff, to be employed the first thing in the morning; the other, which may be a morning one, which has been used for some time, should be softer, and should not be used in rubbing across the teeth much, lest it might cause the gums to recede, and thus pave the way for their falling out, but should be twisted up and down, so that each bristle may act as a tooth-pick, to dislodge any particles between the teeth.

These softer brushes should be used immediately after each meal, taking care, at the end of the operation, to pass the brush across the back part of the tongue, and then gargle the mouth and throat well with water.

For cleaning the teeth and mouth, warm water, always at hand in cities, should be used, but never employ water so hot or cold as to cause uncomfortableness to the teeth, for they will soon be destroyed thereby. When it is very inconvenient to have warm water, hold the cold water in the back part of the mouth, keeping it from the teeth with the tongue as much as possible, until it is warmer, and then use the brush.

It is frequently advised to clean the teeth the last thing at night; a much better plan is to do it the first thing after supper, and then they are in a clean condition for four or five hours longer out of every twenty-four, while the trouble of cleaning the teeth a second time would tend to prevent eating any thing later than supper.

The tooth-brush should be always used leisurely, for a slip or inadvertence may scale or break off a valuable tooth. Once or twice a week, the first or last brushing should be with pure white soap, thus: Wet the brush, and draw it several times across the soap, then put it in the mouth, rubbing the teeth until the mouth is full of foam, and for a minute or two employ the brush on the side of the teeth next the tongue, above

and below, for it is there that tartar collects, to the eating away of the gums, and eventual falling out of the teeth. In most cases this tartar is deposited by a living creature, which is instantly destroyed by soap-suds, when tobacco-juice and the strongest acids have no effect.

Charcoal, even when made of the bark of wood, is one of the most destructive of all tooth-powders. Eminent dentists agree in this; it finds its way between the teeth and the gums, and destroys both.

Almost all the tooth-powders have a strong acid of some kind, and this cleanses the teeth, but destroys their texture; this may be obviated to a great extent if, immediately after using any tooth-powder, the teeth are well brushed with soap, to antagonize any acid which may be left about them.

If the brush is used as above, powders will not be necessary more than two or three times a year; in our own case, common salt, once in two or three months, seems to have answered an excellent purpose; put on a damp brush, rubbed across and up and down the teeth. It is not advised to keep the teeth always of a pearly whiteness, for they may be cleaned so much as to be worn away. It would be a good plan for a dentist, once a year, to go over every tooth with powdered pumice-stone and a piece of soft wood. Bad teeth induce dyspepsia, from insufficient chewing of the food; they also corrupt the breath, and are frequently the causes of serious and distressing disease; while good teeth not only beautify the face, but promote health and long life; hence, special care expended on their preservation will be repaid an hundred fold in the course of a life-time.

PHYSICAL TRAINING.

THE following is a continuation of the article in the June number on the same subject, and merits especial attention, particularly on the part of those who wish to obtain more physical vigor, and wish to do it in a safe way, avoiding the shocks, irregularities, strainings, wrenchings, etc., which attend gymnastic trainings:

"It has been proved by experiment that every part of the firmest bones is successively absorbed and deposited. The bones and their ligaments, the muscles and their tendons, all the finer and the more flexible parts of the body, are continually renewed, and as properly a secretion as the saliva that flows from the mouth, or the moisture that bedews the surface. The health of all the parts, and their soundness of structure, depend on this perpetual absorption and perpetual renovation; and exercise, by promoting at once absorption and secretion, promotes life without hurrying it, renovates all the parts, and preserves them apt and fit for every office. When the human frame is thus capable of being altered and renovated, it is not surprising that the art of training should be carried to a degree of perfection almost incredible, and that by certain processes, the breath, (or wind,) strength, and courage of man, should be so greatly improved as to enable him to perform the most laborious undertakings. That such effects have been produced is unquestionable, being fully exemplified in the astonishing exploits of celebrated pedestrians and pugilists, which are the infallible results of such preparatory discipline. The skillful trainer attends to the state of the bowels, the lungs, and the skin; and he uses such means as will reduce the fat, and at the same time invigorate the muscular fibers. The patient is purged by drastic medicines; he is sweated by walking under a load of clothes, and by lying between feather-beds. His limbs are roughly rubbed. His diet is beef or mutton; his drink, strong ale; and he is gradually inured to exercise by repeated trials in walking and running. By exterminating the fat, emptying the cellular substance, hardening the muscular fiber, and improving the breath, a man of the ordinary frame may be made to fight for one hour, with the utmost exertion of strength and courage, or to go over one hundred miles in twenty-four hours. The most effectual process for training in the days of Tom Cribb, was that practiced by the celebrated pedestrian, Captain Barclay, and the particular method he adopted has not only been sanctioned by professional men, but met with the unqualified approbation of amateurs. The following statement, therefore, contains the most approved rules; and it is presented to the reader as the result of much experience, founded on the theoretic principles of the art, and as practiced by Captain Barclay:

"The pedestrian, who may be supposed in tolerable condition, enters upon his training with a regular course of physic, which consists of three doses. Glauber salts are generally preferred, and from one ounce and a half to two ounces are taken at each time, with an interval of four days between each dose. After having gone through the course of physic, he commences his regular exercise, which is gradually increased as he proceeds in the training. When the object in view is the accomplishment of a pedestrian match, his regular exercise may be from twenty to twenty-four miles a day. He must rise at five in the morning, run half a mile at the top of his speed up-hill, and then walk six miles at a moderate pace, coming in about seven to breakfast, which should consist of beef-steaks or mutton-chops underdone, with stale bread and old beer. After breakfast, he must again walk six miles at a moderate pace, and at twelve lie down in his bed without his clothes for half an

hour. On getting up, he must walk four miles, and return by four to dinner, which should also be beef-steaks or mutton-chops, with bread and beer as at breakfast. Immediately after dinner he must resume his exercise, by running half a mile at the top of his speed, and walking six miles at a moderate pace. He takes no more exercise for that day, but retires to bed about eight, and next morning proceeds in the same manner. After having gone on in this regular course for three or four weeks, the pedestrian must take a four-mile sweat, which is produced by running four miles, in flannel, at the top of his speed. Immediately on returning, a hot liquor is prescribed, in order to promote the perspiration, of which he must drink one English pint. It is termed the sweating liquor, and is composed of the following ingredients, namely: one ounce of caraway-seed; half an ounce of coriander-seed; one ounce of root-liquorice; and half an ounce of sugar-candy; mixed with two bottles of cider, and boiled down to one half. He is then put to bed in his flannels, and being covered with six or eight pairs of blankets and a feather-bed, must remain in this state from twenty-five to thirty minutes, when he is taken out and rubbed perfectly dry. Being then well wrapped in his great coat, he walks out gently for two miles, and returns to breakfast, which, on such occasions, should consist of a roasted fowl. He afterwards proceeds with his usual exercise. These sweats are continued weekly, till within a few days of the performance of the match, or, in other words, he must undergo three or four of these operations. If the stomach of the pedestrian be foul, an emetic or two must be given about a week before the conclusion of the training, and he is now supposed to be in the highest condition.

“Besides his usual or regular exercise, a person under training ought to employ himself in the intervals in every kind of exertion which tends to activity, such as cricket, bowls, throwing quoits, etc., so that, during the whole day, both body and mind may be constantly occupied.

“The beneficial consequences, both to the body and the mind, arising from training, are not merely temporary, but may be made permanent by proper care and attention. The simplicity of the rules is a great recommendation to those who may be desirous of trying the experiment, and the whole process may be resolved into the following principles: 1st. The evacuating, which cleanses the stomach and intestines. 2d. The sweating, which takes off the superfluities of flesh and fat. 3d. The daily course of exercise, which improves the wind and strengthens the muscles; and lastly, The regimen, which nourishes and invigorates the body.

“The criterion by which it may be known whether a man be in good condition, or, what is the same thing, has been properly trained, is the state of the skin, which becomes smooth, elastic, and well-colored, or transparent. The flesh is also firm, and the person trained feels himself light and full of spirits. But in the progress of the training, his condition may be ascertained by the effect of the sweats, which cease to reduce his weight; and by the manner in which he performs one mile at the top of his speed. It is as difficult to run a mile at the top of one's speed as to walk a hundred; and, therefore, if he performs this short distance well, it may be concluded that

his condition is perfect, or that he has derived all the advantages which can possibly result from the training process.

"Training for pugilism is nearly the same as for pedestrianism, the object in both being principally to obtain additional wind and strength. The process observed by Cribb, the champion of England, preparatory to his grand battle with Molineaux, which took place September 29, 1811, is as follows:

"THE TRAINING OF TOM CRIBB.

"The champion arrived at Ury, Capt. Barclay's residence, July 7 of that year. He weighed 224 lbs., and from his mode of living in London, and the confinement of a crowded city, he had become corpulent, big-bellied, full of gross humors, and short-breathed; and it was with difficulty he could walk ten miles. He first went through a course of physic, which consisted of three doses; for two weeks he walked about as he pleased, and generally traversed the woods and plantations with a fowling-piece in hand. The reports of his musket resounded every where through the groves and the hollows of that delightful place, to the great terror of the magpies and wood-pigeons. After amusing himself in this way for about a fortnight, he then commenced his regular walking exercise, which was at first about ten or twelve miles a day. It was soon after increased to eighteen or twenty; and he ran regularly, morning and evening, a quarter of a mile at the top of his speed. In consequence of his physic and exercise, his weight was reduced, in the course of five weeks, from 224 lbs. to 205 lbs. At this period he commenced his sweats, and took three during the month he remained at Ury afterwards; and his weight was gradually reduced to 187 lbs., which was ascertained to be his pitch of condition, as he could not reduce farther without weakening. During the course of his training, the champion went twice to the Highlands, and took strong exercise. He walked to Mar Lodge, which is about sixty miles distant from Ury, where he arrived to dinner on the second day, being now able to do thirty miles a day with ease, and probably he could have walked twice as far if it had been necessary. He remained in the Highlands about a week each time, and amused himself with shooting. The principal advantage which he derived from these expeditions was the severe exercise he was obliged to undergo in following Captain Barclay. He improved more in his strength and wind by his journeys to the Highlands than by any other part of the training process. His diet and drink were the same as used in the pedestrian regimen, and in other respects, the rules previously laid down were generally applied to him. That he was brought to his ultimate pitch of condition was evident from the high state of health and strength in which he appeared when he mounted the stage to contend with Molineaux, who has since confessed that, when he saw his fine condition, he totally despaired of gaining the battle. Cribb was altogether about eleven weeks under training, but he remained only nine weeks at Ury. Besides his regular exercise, he was occasionally employed in sparring at Stonehaven, where he gave lessons in the pugilistic art. He was not allowed much rest, but was constantly occupied in some active employment. He enjoyed good spirits, being all the time fully convinced that he would beat his antagonist.

He was managed, however, with great address, and the result corresponded with the wishes of his friends.

"HOW THE BENICIA BOY WAS TRAINED.

"He rises at six o'clock A.M., and strikes out a couple of hundred times with small dumb-bells just to stretch the muscles. As soon as he is dressed, he takes a walk of about three miles. Upon reaching home on his return, he does some 'sprint' running at the top of his speed—a hundred yards, say, six or seven times. In this performance, Cusick and Falkland stand at either end of the distance, with watches in their hands, giving him half a minute's time for rest at the score. He then goes into his room, and if perspiring freely, (which is seldom the case,) is rubbed down. Then, after a rest, breakfast is served precisely at eight. This meal is composed of mutton-chops or beef-steak cooked very rare. He is very particular as to the time of his meals. Half an hour after breakfast, he takes a salt-water bath. The bath is prepared every day, and consists of soft water and rock-salt. After this he puts on his sweating-suit, and at nine o'clock, accompanied by Cusick, (and now with McDonald or Cusick,) he starts out for his ten-mile walk, carrying in either hand a three-pound dumb-bell. The first four miles are covered at a gentle pace, after which he increases his speed gradually. When within four miles of home on his return, he puts on a mask (to sweat the face) made of white flannel, with openings for the mouth and eyes, but none for the nose. He then commences a pace of ten minutes to the mile, finishing the last mile home at a Flora Temple speed, always leaving the company behind. As soon as he gets into his room, he sits by the fire to assist the perspiration, and when he thinks he has had enough of it, he strips to the buff, and is briskly rubbed down. Now, during his hard training, he takes an egg in a glass of sherry after this. It is then half-past eleven, when he proceeds to the barn, and strikes out the dumb-bells, slings the clubs, or battles with the bag. Exercising in this manner for some time, he walks into farmer Pocock's library, and selects a book to amuse himself with until dinner, which is served at one o'clock precisely, consisting of roast beef, roast mutton, or boiled mutton. A rest of an hour or so intervenes, which is consumed in reading or talking, when he accouters himself for his afternoon's walk of eight or nine miles. This he commences at 2:30, or thereabouts. He returns at near five o'clock, when he changes his clothes, and then takes another rest before tea, which is at six o'clock, consisting of dry toast, no butter, weak black tea, with occasionally an egg. Half an hour or so after this, he commences his 'sprint' running. He then returns to the house, and sits up talking or reading until nine o'clock, when he takes a bowl of thin oat-meal gruel, and at ten o'clock he retires to bed, to rise again at six next morning, and go through the same course of exercise, diet, and treatment.

"SAYERS IN HIS TRAINING.

"Sayers rises from his virtuous couch at six o'clock in the morning, and soon after starts out for a quiet walk of three miles, or thereabouts, returning leisurely to his habitation. At eight o'clock breakfast is announced, for

which the champion is now ready. The meal is plain, consisting, as a general thing, of mutton-chops, (with the addition, occasionally, of eggs,) with a single cup of strong tea, of the proper strength of which Sayers is allowed to be the judge. After having finished breakfast, he takes a rest of an hour or two, the time being enlivened by the telling of anecdotes by Bob Fuller, his trainer; Sayers now and then, in turn, regaling Bob with a laughable yarn. At the conclusion of this mirthful repast, the champion goes out for his long walk, which he terms the 'sweating process.' The distance covered in this pedestrian-excursion is from twelve to fourteen miles, during which the champion carries a seven-pound dumb-bell in each hand. By the time he gets through with this performance, and returns home, it is 12 o'clock. He is then rubbed dry with hard towels, next washed with cold water, and again rubbed vigorously with dry towels, which brings the blood to the surface of the skin, and gives a clear and healthy glow to the cuticle. Fuller now puts on the finishing touches like a skillful painter, and to attain this end he dons a pair of horse-hair gloves, and with these he gives the champion a rubbing such as but few persons could undergo.

"After submitting to these 'gentle and soothing' specimens of the veteran Bob's handiwork, the skin of the champion is moistened with Irish whisky, after which he is incased in a thick, dry suit of flannel, and then he saunters forth for a short ramble, returning home to dinner at two o'clock. This meal consists of roast beef, roast or boiled mutton, varied from day to day. Of course, the morning exercise has given him a keen appetite, and he discusses the fare with a lively sense of the importance of the occasion. The inner man satisfied with a due allowance of plain but wholesome food, a 'season of rest' is indulged in—the champion being permitted to use his own judgment as to the requisite length of the time for the *siesta*—at the expiration of which, another walk of nine or ten miles is prescribed, in thick clothing, which, on returning home, is immediately changed for a dry flannel suit. Thus wears the day along, and from the hour of returning from the afternoon walk, generally about five o'clock, Tom is master of his own time, and passes it, as in his judgment, may seem most fit and proper. The last meal is extremely simple, consisting of dry toast and tea, with, very frequently, a beaten egg or two in the latter. After resting sufficiently, he takes a gentle walk of four or five miles over the heath, and then returns home to entertain, or be entertained by any friends who may have called to see him. At half-past nine o'clock, 'balmy sleep, tired Nature's sweet restorer,' woos him to her couch; when, to use the champion's own words, he enjoys 'most delicious repose in the arms of *Mons. Murphy*.' "

If for brutal honors men like these encounter self-denials with heroic resolution and cheerful acquiescence, how ought we to be willing to crucify "the flesh with the affections and lusts," in order that we might "win" the meed of immortality; might secure that high health of body and manly vigor which are essential to the safest and purest enjoyment of religion; essen-

tial to an active and efficient life of good doing, a death of ease, of triumph, and beatific Faith, in being that same "day"—"in Paradise."

Men of low nature "endure" "joyfully" the self-denials of the appetite, and the most laborious exercises, to prepare them for their brutal conflicts, and in the engagement, encounter the most fearful "millings" courageously and uncomplainingly, that they may obtain a "corruptible crown." Let us, then, who seek an "incorruptible that fadeth not away," consider habitually, that it is no trial to deny ourselves "the world, the flesh, and their blandishments," only if thereby we are able so "to fight that we may obtain."

DESSERTS.

THESE are the agents which cause a vast amount of human suffering, inasmuch as they tempt the appetite and bribe nature to a transgression, which never fails of being punished sooner or later. All eat as much as they want of the ordinary dinner before the dessert comes in, and, without the dessert, would feel a comfortable exhilaration for the remainder of the day: but the tempter comes in; the satiated palate is tickled, is whipped up; the man stuffs on, and for the remainder of the day is more like a gorged anaconda than any thing else—so full, that he rises from the table with deliberation, strives against coughing, lest he might jolt up his dinner, and then sits down to doze away a whole afternoon under the oppressive influence of an inglorious surfeit.

A large addition would be made to the comfort and health of any family which should discard the whole catalogue of pies, pastries, and puddings as desserts, and take, in their stead, one or two oranges or apples, or a dish of fresh ripe berries in their natural state; or if out of season or unattainable, an agreeable, neat, and healthful substitute may be found in a "mint-stick," a bit of cream-candy, or a piece of pure maple-sugar.

W A T E R - F I L T E R S .

THERE is such a thing as going headforemost, of progressing backwards, and the use of water-filters in many cases is one of these, especially in New-York. The waters of the Mississippi, from St. Louis downwards, are thick with mud, and yet those who live along its banks and use it habitually, do not complain of its unhealthiness. If water passes through a common filter, its impurities are left in that filter; the next water which passes through has to pass through the detained impurities of the previous portion, and thus it goes on from day to day, for a new filter every day has not been advocated by any one. But it is the nature of the substances which water ordinarily holds in solution, to remain unchanged as long as they are covered or held in a plentiful amount of cool water, but when the water has been withdrawn, and they remain merely damp, they do, in the ordinary heat of summer, begin to undergo a process of destructive decay, they rot, and the very gases which they disengage in that process are speedily destructive of health and life, being the miasms which originate the deadly fevers on water-courses; if the gases be thus deadly, it may well be supposed that the more solid portions are not without their ill effect when taken into the stomach with water which is known to pass into the circulation within a few moments after it has been swallowed. That filtered water becomes changed in its character, is known by the familiar "flat" taste which belongs to it. Under this view of the case, it would be well to discard filters altogether, and not for the sake of getting rid of a few microscopic bugs and monsters, to take into the system instead, the deadly miasm which is generated in the sediment of all river-water, as soon as the water is removed and a summer temperature is applied to it, for then there is destructive decay; but no such thing can take place in the human stomach, although the sediment is swallowed in much larger quantities. These remarks do not apply to substances which may be thrown into the water and precipitate its impurities to the bottom, from which the water is at once poured off and used and the sediment thrown away; nor does it apply to any filter which may be thoroughly cleansed after each single filtering process. All filtrations yet known do take away from the water that fresh,

sparkling, and refreshing quality which belongs to the bubbling spring, or is taken from the brim of "the moss-covered bucket which hangs in the well."

The "Double Globe Filter," patented in January last, has been brought to our notice since the above was put in type. It costs three dollars, can filter a gallon of water in five minutes; it does it nearly as fast as it runs from a "Croton" faucet, to which it is attached permanently or removed in half a minute. It is metallic, and, with care, will last a lifetime. This filter is thoroughly washed and cleansed in an instant by the easy crook of the finger; and if this cleansing is neglected, the water will not run. It is capable of universal application, it delivers the water with all its freshness, and seems to perform its office as perfectly as is necessary for all drinking and cooking purposes.

DYSPEPTIC LETTERS.

NEW-YORK, Feb. 16th, 1860.

DEAR SIR: You have a most tremendous sight to learn, if you would get along swimmingly in this mundane sphere. As far as health and medicine are concerned, you will have to begin at forty degrees below A B C. You have dyspepsia and liver complaint; these give debility and promote discharges which react and increase the debility. Some pills act on the stomach, such as Ipecac or Tartar Emetic. Some act on the upper portion of the bowels, as Rhubarb. Some act on the rectum, or lower bowel, as Aloes; others act on the whole, by acting first on the liver: and yet you say my pill acted as any pill would. I gave you a pill to act on the liver, and the difference in color of the action of such a pill and one which merely acts on the bowels, is as different as black or green from yellow or red.

You say you don't think you need medicine. If you know so much, you ought to have cured yourself. If you consult a physician, you ought to make up your mind to take his advice and his medicine too; he don't want to know what you think, because he knows your "thinks" are not worth a button.

You are young—you have a good constitution, and have no serious disease at this time; yet what you complain of will in time destroy both body and mind. Already you complain that your mind is not clear, and that when you go to bed, if you can not go to sleep at once, you lie and think, and sweat, and fret, and fidget, and toss, and tumble for hours together. You complain also of an emptiness before meals, and a distressing palpitation of the heart, which incapacitates you from exercise. These symptoms are present in a greater or less degree in all cases of torpid liver and a weak digestion. Some hearts palpitate so much on going to bed as to prevent sleep for hours; it or some of the larger blood-vessels beat and tick and throb and thump and click and breeze for half a night.

Some minds in dyspepsia are not only not clear, but are incapacitated for connected thought. The attention can not be fixed steadily on any thing, and horrible fears come on; dread of loss of character; of loss of reason; of loss of friends; of loss of money; at other times most terrible fancies run riot through the brain; temptations of darkest import assail the heart, and nothing is safe, nobody is safe—it is a perfect “mania,” not a “Potu,” but “mania Phagi,” not a madness from drinking, but a madness from eating, and from this, some of the best and most useful and successful men go down to the terrible grave of a suicide every year, every month. A drunkard seldom kills himself, a dyspeptic often does; and the coroner’s verdict is, “Died by his own hand while in a state of mental aberration.” If they do not murder themselves, they live only to be the pest and plagues of themselves and those who are nearest and dearest to them.

One of the reasons of the incurability of dyspeptics is, that they have not sufficient force of will, sufficient persistence of purpose, to follow out the continuous plan necessary to their restoration. To-day they think they would be willing to do any thing, to-morrow they determine they will do nothing. At one time they will swig cod-liver oil by the gallon, rub goose-grease on their nose, make ducks of themselves at water-cures, drink their own urine by the quart; all these things are done, as physicians know, constantly. At another time they will assert, like you, that they don’t think they need medicine; that they are tired to death of medicine, and had rather die than

take another dose. A great name told us once, having written for advice, that he would take no medicine from any man, especially if he did not know what it was, and gave his reason for it. Now a fool's reasons always confirm him in his foolishness. It was, that he had been taking medicine of his own prescribing for twenty years, and it had done him no good. We wrote to him that he could go to grass. We don't like to be made a fool of.

Years rolled on, and he rolled with them into the Niagara River. From these things I would be glad to rescue you, but then you must not bother me with your "thinks" and suggestions. Tell me what your actual sensations are; then I will tell you how to remove them, and send or describe the instrumentalities. I have no objections to tell persons what I give, or why I give it—I always prefer it when I am satisfied that the patient has any sense; if he has not, what's the use of wasting time?

Hoping that you may be profited by these hints, I send in another paper such directions as I think are applicable to your case.

Duly yours.

A physician must be crusty sometimes. The above was written for a young gentleman who subsequently became a very obedient patient, and we have published it, for the suggestions contained may be practically useful to a large class of persons; the patient was laboring under dyspeptic debility, constipation, etc.

THE TWO BEST DOCTORS.

FOR all minor aches and ails, Dr. Letalone is the most uniformly and happily successful physician I ever knew; but in the severer forms of disease it is always wisest, safest and best to seek promptly the advice of an educated practitioner; and a fortunate thing would it be for humanity, if not an atom or a drop of physic were ever taken, unless specially prescribed by those who had the advantage of a thorough medical education.

Notices, Reviews, Etc.

Blackwood's Magazine, and British Reviews. L. Scott & Co., 54 Gold st., New-York, continue to publish the following leading British Periodicals: 1. London Quarterly, *Conservative*; 2. Edinburgh Review, *Whig*; 3. North British Review, *Free Church*; 4. Westminster Review, *Liberal*; 5. Blackwood's Magazine, *Tory*; presenting the three great political parties of Great Britain, Whig, Tory, and Radical. But politics form only one feature of their character; as organs of the most profound writers on science, literature, morality, and religion, they stand, as they ever have stood, unrivaled in the world of letters, indispensable to the scholar and the professional man, while to intelligent readers of every class, they furnish a more correct and satisfactory record of the current literature of the day, throughout the world, than can be possibly obtained from any other source, and at a cost extraordinarily small—of ten dollars a year for the five; three dollars each, singly. Any subscriber sending us a check for ten dollars, payable to the order of Leonard Scott & Co., will receive for one year the five publications above named, and Hall's JOURNAL OF HEALTH from January last. In cities and large towns, *Blackwood* and the Reviews are delivered free of postage; elsewhere, *Blackwood* is twenty-four cents a year, each Review, fourteen cents.

The *British and Foreign Medico-Chirurgical Review*; or, Quarterly Journal of Practical Medicine and Surgery. Republished by S. S. & W. Wood, 389 Broadway, New-York, at \$3 a year, in advance; free of postage, is in its twenty-fifth volume, and is now, as it always has been, a standard and sterling medical quarterly, which every educated physician ought to patronize.

Boston Medical and Surgical Journal, \$3 a year, is a monthly in its sixty-second volume; is edited with industry and ability, and is widely patronized.

The *Christian Review*. E. G. Robinson, editor. Published at \$3 a year, by Sheldon & Co., 115 Nassau street, New-York. Is one of the ablest quarterlies in the Protestant Church, and a credit to the Baptist Church, of whose doctrine and polity it is the exponent; its reviews of new publications are always written discriminately, conscientiously, and after a full examination; a line of conduct which, as is to be regretted, too many so-called reviews fail to follow, to the deception and injury of their patrons.

The same enterprising publishers issue monthly, at \$1 a year, the *Mother's Journal*, edited by that excellent woman, Mrs. Caroline O. Hiscox. We wish it could be, as it well deserves, a family visitant to multitudes of homes.

The *Home Monthly*. Buffalo, N. Y.; \$1.50 a year, edited by Mrs. Arey and Gildersleeve; has the very suggestive motto: "There is a power behind the school-room and the church." It is judiciously edited, and its selections are always good.

The *Happy Home*. Boston, monthly, \$2 a year, C. Stone & Co. Is largely drawn upon by the press, a substantial evidence of its value.

The *Ladies' Home Magazine*. By T. S. Arthur & Co., 323 Walnut street, Philadelphia, Pa., \$2 a year, with the editorial aid of Virginia F. Townsend. Will profit and instruct and refine and elevate any family which secures it monthly.

Godey's Lady's Book, \$3 a year, Philadelphia. This is The Pictorial Monthly. The most elegant in the Union, and distances all competition. Now in its sixtieth volume. Its practical value has been increased of late by the contributions of Dr. J. S. Wilson, of Georgia, to the Health Department.

Book Notices.

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The reader is specially invited to read all the following notices, for many of them are practical, and all are useful.

BALLIERE BROS., 440 Broadway, New-York, have issued a comely 12mo of 318 pp., \$1, entitled, *A Knowledge of Living Things, with the Laws of their Existence*, by Dr. A. N. Bell, late Surgeon in U. S. Navy, and now physician to Brooklyn City Hospital. It is a volume which may be read with absorbing interest by every student of nature, and by every scholar, while it abounds with information practically useful for all classes of readers.

The Human Voice. Fowler & Wells. 30 cents. By Rev. W. W. Cazalet, A.M. Cantab. Its right management in speaking, reading, and debating, including the principles of true eloquence; contains a large amount of useful information to all public speakers and singers.

The Chemist and Druggist. A monthly trade circular, 24 Bow Lane, London. \$2 a year, single numbers, 12 cents. Contains a vast amount of information for apothecaries, druggists, medical and surgical instrument dealers, etc. etc. New-York office, C. F. A. Henricho, 150 Broadway.

Patients' and Physicians' Aid. By Dr. E. M. Hunt; 365 pp. 8vo. with copious index. Published by C. M. Saxton, Barker & Co., New-York, and H. H. Bancroft & Co., San Francisco. Showing "how to preserve health, and what to do until the doctor comes," a kind of information greatly needed in multitudes of families in the country. There is not a household in the land which should be without a plain, reliable book of this kind, it would prevent much mental and bodily suffering, and often save life.

Thermometers.—V. Beaumont, 175 Centre street, New-York, has patented a circular, dial-plate, metallic Thermometer, where no mercury is visible; a long index, like that of the minute-hand of a watch, shows the degree of heat or cold by Fahrenheit's scale parallel with the centigrade. Its delicacy is such, that laying it on the hand for an instant, changes the degree. It can be easily carried in the vest-pocket, and is altogether the best pattern of a thermometer we have ever seen.

The Water-Cure Journal. Monthly, \$1 a year, New-York. Fowler & Wells have done much for the promotion of temperance, cleanliness, and hygiene. But why don't it keep its temper? A madman always loses the battle, whether in the "Ring," on the Forum, or on the Tripod. Look how it blazes away at some person whom it supposes advocates tight-lacing. Now tight-lacing is a prime remedy for maniacs; nothing so calms them down as a strait-jacket!

"One of our allopathic medical journals has advocated tight-lacing as a preventive and a curative measure for consumption; a proposition so self-evidently absurd, so ridiculously silly, would hardly call for serious refutation, were it not put forward and urged and reiterated with a show of anatomical and pathological knowledge just sufficiently plausible to deceive the ignorant and mislead the un

thinking. The author of this outrageously foolish notion is not only the editor of a medical journal, but the author of a work on consumption; and however non-sensical his teachings may seem to us, and are of themselves, we are bound to regard him as earnest and honest in his opinions. It can not be possible, at least we will not believe it, that he misleads the people intentionally for the sake of the professional perquisites and advantages. We treat his lucubrations on this subject with more attention, also, because they have been extensively copied and circulated through the newspapers of the country without note, comment, or dissent, which is equivalent to their indorsement." Verily!

We thought that hydropathists contended that if a man would live on bran, berries, and fruits, would soak in cold water every day, and open a canal for it through the body to slosh out all its impurities, he would become as active and unkillable as a cat; his heart all the time chock full of love towards every body and the rest of mankind too, while the mind would be habitually as clear as a bell and as calm as a summer evening. Rather think there is a screw loose somewhere. Either the theory won't work, or the editor won't practice it, and both are going to seed. Hope not, for few papers contain more good things when its editor is oblivious of the fact that there is a drug or an allopathic doctor in existence.

New-York Teacher. Albany; \$1 a year, 48 pp. There are several articles in this valuable monthly for May, which merit a wide distribution. Physical Culture, (from the *Massachusetts Teacher*, Boston,) Classical Training, by Henry C. Mitchell, Necessity of Teaching Children to Think, Aids to Science, Spelling and Writing, At what Age and how many hours for Schooling Children, by Luther Haven, of Chicago, The Family.

The *Western Watchman*, of St. Louis, is one of the handsomest sheets among our religious exchanges, and we always open it with interest. Neither it nor the *Watchman and Reflector*, of Boston, nor the *True Union*, of Baltimore, nor the *Examiner* or *Chronicle*, of New-York, ever pass from our hands without the wish to read them more thoroughly. These are all Baptist publications, and are well worthy of a large patronage among that very numerous denomination of Christians.

No lover of the beautiful in art and mind culture, can open the fair pages of the *Musical World* (\$2 a year, New-York) without finding something to feed upon; something elevating and refining. Its last page of reading-matter, made up of short sentences, must be the work of a cultivated mind and heart.

The *Louisiana Baptist*, at Mount Lebanon, we always receive with interest; we trust it receives the patronage which it merits among that large body of Southern Christians.

The *Banner of the Cross*, of Philadelphia, seldom passes from our hands, without the wish for leisure to read more of it. It is really a family paper which can not fail to benefit those who read it regularly.

We would like to know that the *Witness*, of Indianapolis, is as liberally patronized as a paper of its merit and influential position deserves. We have pleasant memories of beautiful Indianapolis.

Bare Necks, Arms, and Legs of Children, their evil effects; see June Number, 1859.

A Wonder. A lady correspondent writes: "My mother has taken from the left side, near the heart, a piece of a needle an inch in length, which broke off near the center of the palm of the left hand fifteen years before. For nearly all that time it has caused untold sufferings, feeling the pain at intervals in arm, back,

shoulders, spasmodic anguish at the heart and many other symptoms indescribable." Similar cases are given in standard medical works. It is a rule in the animal economy that when any foreign substance is introduced into the living body, nature gives no rest until it is expelled; hence the utmost care should always be given to extract every wounding material, whether of wood, glass, or metal; the sooner it is done after an accident the better. This piece of needle traveled up the arm, over the arm-pit, along the ribs and thence outwards.

Lung and Life-Preservers. As to our May article on Wind and Lungs, we merely add: If a person wishes to be benefited, let him purchase any where an India-rubber life-preserver to be inflated with air. Let a healthy man of your own age, weight, and height see how many breaths it requires for him to fill it to the utmost. If he does it at one full expiration, and you can not, your lungs are working imperfectly. If it requires two full breaths for him, and three for you, then one third of your lungs are inoperative, and you should practice its inflation several times a day, or run a certain distance and back thrice a day with the mouth closed until the life-preserver can be easily filled by you in the same number of breaths as by your friend. Forty cubic inches to a pint is the standard adopted by English physicians for lung-measurement. That need not be taken into account. The question is, can you fill a life-preserver with as few full breaths as a man of the above conditions; if not, you are in danger of dying of consumption sooner or later, and will certainly do it (unless this ill condition is rectified) if you do not perish by violence.

Right pungently does the veteran editor of the *American Medical Gazette* apostrophize his readers on the occasion of so slim an attendance on the sanitary lecture of E. Y. Robbins, Esq., of Boston:

"New-Yorkers are too busy in paying their devotions to the almighty dollar, to attend to such insignificant matters as life and death, health and sickness, etc.; they can not be persuaded from the opera, the theater, the ball-room, the negro-minstrels, and the grog-shops, to learn how to prevent pestilence or lessen mortality. Alas! that Wendell Phillips & Co., lecturing on the everlasting Negro, and teaching treason, should draw crowds of listening dupes, while lessons of philosophy and wisdom from eloquent lips should be repeated to empty benches. He who would attract the multitude should play the fool, make gorgeous shows of magic-lanterns, administer laughing-gas, or shoot off fire-crackers, for nonsense and humbug are in the ascendant."

That's true, Doctor, but people must have fun, and they will crowd where there is the most of it. Phillips is full of mirth and wit. People go to hear him because they know they will get a good number of tremendous laughs, while they might not, and many of them do not, value his principles or his logic beyond the worth of a pewter button. They will command the largest audiences in a New-York community who will abound most in mirth and wit, the subject being secondary. Let public speakers, reformers, and humanitarians remember this; for after the severer occupations of business and labor during the day, the body demands repose and the mind yearns for diversion, which is its rest, and will have it, and when pleasurable, so much the more satisfactory, efficient, and recreative.

Life Illustrated calls us to task for heading an article "Protest against Early Rising." It was done for us by some lazy editor. It well says that the title alone would give a first impression which would be injurious as well as untrue. We both agree that under all circumstances a plenty of sleep is essential to health, and that

all should practice early rising, and begin the day at least at sunrise with mind, body, and brain fully rested and renovated.

Health and Disease. A correspondent from the "Old North State," says, of this publication: "I am so pleased with its just and sensible views, that I feel I am doing a real good to every one whom I can induce to get a copy." A lawyer of this city said of it to a friend: "I have derived more instruction, and have been made better acquainted with the nature of health and disease by reading Dr. Hall's book on that subject, than from all the books read in a lifetime." The third edition of this book having been called for within nine months after its first issue, is evidence of its appreciation. It is sent, post-paid, for one dollar.

A Westoner writes of the *JOURNAL OF HEALTH*: "I am well pleased with it. You talk more to the point than any man I have ever read; in other words, you have more white-oak sense than any one I have found. I mean by that, more good mother-wit." He wanted us to *give* him a book. We did!

Milk. Dr. Gardner, of this city, a connoisseur in milk, says that he had used the milk of the Rockland Co. Association, and knew it to be good; had recommended to various families, and of all the children brought up on it from birth, under his eye, not one had failed to do well and gain flesh. Dr. Clark, of Newark, and the veteran Dr. Reese, with the Hon. Erastus Brooks, all of whom have used the milk, corroborated the statements of Dr. Gardner. We ourselves know that it is pure milk from farm-house fed cows. 146 E. Tenth st., New-York.

The editor of the *Hightstown Village Record* pokes fun at us in this style:

"RULES FOR SLEEP—AN IMPROVEMENT ON DR. HALL.—1st. As soon as you are in bed, have Bridget hand the wash-bowl to you. Then place it immediately beneath the small of your back, and you will immediately sink into a calm slumber. It should not remain in that position long enough to produce stupor.

"2d. Try to think of something you can't remember; the more you can't think of it, the sleepier you will get.

"3d. Let John or Phineas pour ice-water down the sleeve of your shirt for an hour or two, while he holds a lump of assafoetida to your nose.

"4th. Count two millions slowly and deliberately. You will certainly be asleep before you have counted that number.

"5th. Hold a wire against the nerve of your tenderest tooth. This is infallible—patent applied for.

"6th. Have your back gently smothered with a curry-comb.

"7th. Try and fix your mind on one thing; if that don't succeed, fix it on two."

In examining the exchanges brought to us on Saturday last, there were seventeen articles from our pen, which shows very fairly the partiality of our editorial brethren. A few days earlier we took up a paper which contained five columns of our handiwork, but looking for the "credit," we found "nary red." A sixth column, however, in another part of the paper, seemed to indicate that the editor had some recollection of the fact that there was such a publication as HALL'S *JOURNAL OF HEALTH*. But who cares for credit as long as the more important thing is done, that of disseminating what is useful and true? Let us all join in the song:

"Row, brothers, row,
The tide runs fast;
The rapids are near,
And the daylight's most past,"

and "Work while the day lasts."

Hall-y. George J. Hall, of Hall County, Georgia, writes to Dr. Hall to send him HALL'S JOURNAL OF HEALTH for 1860.

A gentleman who has been married for perhaps two weeks, at a guess, writes : "We, (that is, self and wife,) the only two members of as happy a family as ever was, can not do without the JOURNAL OF HEALTH." He wants further to know what is the cause and cure of palpitation of the heart. The first kiss from "sweet seventeen" will give it to any body; the "mitten" will cause its very speedy subsidence. It is an unimportant symptom of dyspepsia.

A subscriber to the JOURNAL OF HEALTH, and to the FIRESIDE MONTHLY, writes: "'Dr. Hall says so,' is thought the *finale* in any argument or recommended in my family."

That excellent and standard weekly, *The Country Gentleman*, quotes from Lavater, "Young women who neglect their toilette indicate in this very particular a disregard for order, a deficiency in taste, and the qualities which inspire love. The girl of eighteen who does not desire to please in so obvious a matter as dress, will be a slut and probably a shrew at twenty-five;" and that there is more pleasure in giving than in receiving, especially as to medicine, kicks and advice; and further: "Most persons are particularly spiteful against the follies in others which they themselves have."

Missing numbers of the JOURNAL are supplied to subscribers for six cents. All subscriptions begin with January last.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

AUGUST, 1860.

[No. 8.

IS CONSUMPTION CONTAGIOUS?

EMINENT French, English and American physicians advocate the doctrine that "consumption is catching." Morgagni, one of the greatest medical lights of his time, was such a firm believer in the opinion, that he never would assist in the examination of a person who had died of the disease. Some of the most distinguished writers as well as some of the most celebrated and successful practitioners in that disease have eventually died of it themselves, among whom were the great Laennec, Morton, Wooster, and not forgetting the empiric St. John Long, (so said.)

A large number of persons evidently consumptive will be found on inquiry to have had a husband, wife, sister, or child to have died of that disease. Statistics seem to show that a wife whose husband is consumptive, is more liable to consumptive disease than a healthy husband with a consumptive wife; the reason of this, if true, will suggest itself to the thoughtful.

Introducing the matter of small-pox into the system prevents small-pox. Laennec inoculated himself with consumptive matter but it did not "take." He subsequently died of consumption himself. He made this experiment to show that consumption was not inoculable. MM. Alberti and Biett thought that cancer was not communicable by the matter of cancer, and to prove it, tried to inoculate themselves with it but it did not "take." Both of them died afterwards from cancer.

It is most probable that consumption is not of itself communicable, that it can not beget consumption in one who has vigorous health and is perfectly free from all taint of the disease

But if any person who has not a vigorous constitution, whether inclined to consumption or not, lives, eats and sleeps with a consumptive, as man and wife do, as a sister is apt to do with a consumptive sister, or a mother with consumptive children, such persons will very generally die of consumption themselves, not from its communicability *per se*, but from the foulness of the atmosphere about a consumptive, from warm rooms, decaying lungs, large expectoration, sickening night-sweats and bodily emanations; but the same amount of exposure to air made foul in any other way would light up the fires of consumption in one of feeble vitality or broken constitution. It is best, therefore, that the nurse of a consumptive should possess the most vigorous health, and to make assurance from infection doubly sure, the most scrupulous cleanliness possible should be observed and carried out in every conceivable direction, extended to every minutiae and maintained with the most inveterate constancy through every hour of the twenty-four, not allowing any excretion, even a single expectoration, to remain about the person, bed or room for one instant. An incessant ventilation should be going on in the chamber, the best method for which under most circumstances is simply to keep a fire on the hearth and an inner door open; even in mid-summer, this is better for the patient as well for the nurse than a room kept closed all the time from an almost insane dread of taking cold.

TABLE MANNERS.

OF all the articles copied from the JOURNAL OF HEALTH, that has had the widest and most persistent circulation, which suggested the importance of the family meeting around the dinner-table, and breakfast and supper as well, in a happy, loving, and cheerful frame of mind. It went across the water, and returned as copied from *Chambers's Journal*, under which credit it is going the rounds of the American press again. It was scarcely half a page, but it has caused us a great deal of reflection. Why was it so extensively copied at home and abroad? Was it because of the justness of its views? or rather that the experience of the press, as to the reverse of the

picture, is so universal? If so, many gentlemen of education and culture have experienced the sad feeling of having wives or children come to the table, only to fret, and growl, and complain, and sulk. It is horrible to think of. And yet it may be presumed, that the happiness of quite as many excellent wives is marred, if not wholly eaten out, by husbands who come to the table with a terrible dignity! or with a selfishness so predominant that it places every body else and every thing under tribute to its supreme gratification; moroseness stamped on every feature; a belittling querulousness in every uttered sentence. Here one comes now as stately as a turkey-cock, as cross as a bear, and as rough as a corn-cob. He speaks in short, crusty words; the innocent prattle of his children is an apparent torture to him; there must not be a whimper or a whisper, for he is poring over a newspaper, or in the midst of some plan or project for gain or fame. His very presence is felt as a cloud, an incubus, an iceberg; and there is only gladness when he is gone; it is then only that the sunshine of family affection and love comes out, and filial and motherly sympathies well up from loving hearts.

To meet at the breakfast-table, father, mother, children, all well, ought to be a happiness to any heart; it should be a source of humble gratitude, and should wake up the warmest feelings of our nature. Shame upon the contemptible and low-bred cur, whether parent or child, that can ever come to the breakfast-table, where all the family have met in health, only to frown, and whine, and growl, and fret! it is *prima facie* evidence of a mean and groveling and selfish and degraded nature, whencesoever the churl may have sprung. Nor is it less reprehensible to make such exhibitions at the tea-table; for before the morning comes, some of the little circle may be stricken with some deadly disease, to gather around that table not again forever! Children in good health, if left to themselves at the table, become, after a few mouthfuls, garrulous and noisy; but if within at all reasonable or bearable bounds, it is better to let them alone; they eat less, because they do not eat so rapidly as if compelled to keep silent, while the very exhilaration of spirits quickens the circulation of the vital fluids, and energizes digestion and assimilation. The extremes of society curiously meet in this regard. The tables of the rich and the

nobles of England are models of mirth, wit, and bonhomie; it takes hours to get through a repast, and they live long. If any body will look in upon the negroes of a well-to-do family in Kentucky, while at their meals, they can not but be impressed with the perfect *abandon* of jabber, cachinnation, and mirth; it seems as if they could talk all day, and they live long. It follows, then, that at the family-table all should meet, and do it habitually, to make a common interchange of high-bred courtesies, of warm affections, of cheering mirthfulness, and that generosity of nature, which lifts us above the brutes which perish, promotive as these things are of good digestion, high health, and a long life.

T O M A T O E S .

THIS is one of the most healthful as well as the most universally liked of all vegetables; its healthful qualities do not depend on the mode of preparation for the table; it may be eaten thrice a day, cold or hot, cooked or raw, alone or with salt or pepper or vinegar, or all together, to a like advantage and to the utmost that can be taken with an appetite. Its healthful quality arises from its slight acidity, in this, making it as valuable perhaps as berries, cherries, currants, and similar articles; it is also highly nutritious, but its chief virtue consists in its tendency to keep the bowels free, owing to the seeds which it contains, they acting as mechanical irritants to the inner coating of the bowels, causing them to throw out a larger amount of fluid matter than would otherwise have been done, to the effect of keeping the mucous surfaces lubricated and securing a greater solubility of the intestinal contents, precisely on the principle that figs and white mustard seeds are so frequently efficient in removing constipation in certain forms of disease. The tomato season ends with the frost. If the vines are pulled up before frost comes, and are hung up in a well-ventilated cellar with the tomatoes hanging to them, the "Love-Apple" will continue ripening until Christmas. The cellar should not be too dry nor too warm. The knowledge of this may be improved to great practical advantage for the benefit of many who are invalids and who are fond of the tomato.

I C E - W A T E R .

IF the reader is down-town or away from home on a hot day, and feels as if it would be perfectly delicious to have a glass of lemonade, soda-water, or brandy toddy, by all means let him resist the temptation until he gets home, and then take a glass of cool water, a swallow at a time, with a second or two interval between each swallow. Several noteworthy results will most assuredly follow.

After it is all over, you will feel quite as well from a drink of water as if you had enjoyed a free swig of either of the others.

In ten minutes after you will feel a great deal better.

You will not have been poisoned by the lead or copper which is most generally found in soda-water.

You will be richer by six cents, which will be the interest on a dollar for a whole year!

You will not have fallen down dead from the sudden chills which sometimes result from drinking soda, iced water, or toddy, in a hurry.

No well man has any business to eat ices or to drink iced liquids in any shape or form, if he wants to preserve his teeth, protect the tone of his stomach, and guard against sudden inflammations and prolonged dyspepsias. It is enough to make one shudder to see a beautiful young girl sipping scalding coffee or tea at the beginning of a meal, and then close it with a glass of ice-water; for at thirty she must either be snaggletoothed or wear those of the dead or artificial.

Fresh spring or well-water is abundantly cool for any drinking purpose whatever. In cities where water is artificially supplied, the case is somewhat different; but even then there is no good excuse for drinking ice-water, because, even if the excuse were good in itself, the effects on the stomach and teeth are the same.

Make a bag of thick woolen doubled, lined with muslin; fill it with ice; have in a pitcher an inch or two of water above the faucet, and let this bag of ice be suspended from the cover within two inches of the surface of the water. The ice will melt slowly and keep the water delightfully cool, but not ice cold. A still better effect will be produced if the pitcher is also well enveloped in woolen. Again, water almost as cool as it can be,

unless it has ice actually in it, may be had without any ice at all, by enveloping a closed pitcher partly filled with water, with several folds of cotton, linen, or bagging, and so arranging it that these folds are kept wet all the time by water dripping from another vessel, on the principle of evaporation.

As to the management of refrigerators, Bartlett's "Polar," being the most philosophical, the ice never comes in contact with the provisions, (for freezing disorganizes all meats and vegetables,) hence can not freeze them, but keeps them just above the freezing point, dry and cool, while the arrangement is such, that the ice as it melts, is used for drinking purposes. Thus, six cents' worth of ice a day, or about twenty pounds, is, with proper management, enough for the use of a family of ten persons throughout the summer, not only for drinking purposes, but for the preservation of the eatables.

R E G I M E N .

RIGHT well hath some old codger of the ancient time written in respect to health and its preservation ; doubtful are we that any man of this diluting age could possibly comprise so much sound sense in as few words as those which follow :

There is a wisdom in this beyond the rules of physic. A man's own observation what he finds good of, and what he finds hurt of, is the best physic to preserve health ; but it is a safer conclusion to say : " This agreeth not well with me, therefore I will not continue it ; " than this—" I find no offense of this, therefore I may use it ; " for strength of youth in nature passeth over many excesses which are owing a man till his age. Discern of the coming on of years, and think not to do the same things still ; for age will not be defied. Beware of sudden change in any great point of diet ; and if necessary, enforce it, fit the rest to it ; for it is a secret both of nature and state, that it is safer to change many things than one. Examine thy customs of diet, sleep, exercise, apparel, and the like ; and try in any thing thou shalt judge hurtful, to discontinue it little by little ; but so, as if thou dost find any inconvenience by the change thou come back to it again ; for it is hard to distinguish

that which is generally held good and wholesome from that which is good particularly, and fit for thine own body. To be free-minded and cheerfully disposed at hours of meat, and of sleep, and of exercise, is one of the best precepts for long lasting. As for the passions and studies of the mind, avoid envy, envious fears, anger, fretting inwards, subtle and knotty inquisitions, joy and exhilarations in excess, sadness not communicated. Entertain hopes; mirth rather than joy; variety of delights rather than surfeit of them; wonder and admiration, and therefore novelties; studies that fill the mind with splendid and illustrious objects—as histories, fables and contemplations of nature.

SLEEPING: OR, THIS AND THAT.

SOME one-sided, one-eyed individual has made the following calculation, which is mathematically correct, but practically as false and mischievous as can well be expressed in plain English.

THIS.

“The difference between rising every morning at six and at eight, in the course of forty years, amounts to twenty-nine thousand three hundred and ninety hours, or three years, one hundred and twenty-one days and sixteen hours, which are equal to eight hours a day for exactly ten years; so that rising at six will be the same as if ten years of life were added, wherein we may command eight hours every day for the cultivation of our minds and the dispatch of business.”

THAT.

The following communication was recently made to a British society:

“A Chinese merchant had been convicted of murdering his wife, and was sentenced to die by being deprived of sleep. This painful mode of death was carried into execution under the following circumstances:

“The condemned was placed in prison under the care of three

of the police-guard, who relieved each other every alternate hour, and who prevented the prisoner from falling asleep, night or day. He thus lived for nineteen days without enjoying any sleep. At the commencement of the eighth day his sufferings were so intense that he implored the authorities to grant him the blessed opportunity of being strangulated, guillotined, burned to death, drowned, garroted, shot, quartered, blown up with gunpowder, or put to death in any other conceivable way which their humanity or ferocity could invent."

Crazy people can't sleep at all. The man who is "fat as a fool," sleeps all the time, except when eating. A thin Yankee, so keen after making money that the look of his eye goes right through you, and his word pierces like a poniard, goes to bed at midnight and is ready for work or a bargain at peep of day, is teetotally dried up at the age of forty years; the skin fairly clings to his bones, and before you know it, he has evaporated. But look at that fat, lazy Dutchman, who never was fairly and fully awake since he was born, and, in spite of pipes of "lager," and whole tierces of tobacco, he lives to see the third, if not indeed the fourth, generation. Whoever heard of any one sleeping himself to death? But no sleep brings death in nineteen days.

It is stated of one of the most eminent, one of the very best of the men of this nineteenth century, that, while at college, he retired at twelve o'clock at night and rose at six and a half. A man of his activity of brain ought to have had at least eight hours' sound sleep in every twenty-four. But look at the sketch he makes of himself about this very time:

"Pardon the vagaries of a half-crazed student. My old complaint, the blues, has come upon me like a strong man armed. Misanthropy, I despise it, I loathe it, yet I hug it to my heart. Truly I am depressed, devoured by spleen, fostering a crabbed, morose, silly, churlish, sinful despondency."

Such feelings as these continued to haunt this gentleman more or less throughout life, and he failed to reach "three-score" by several years. That insufficient sleep would aggravate the malady of misanthropy, even when it does not largely aid in originating it, and that it lays the foundation for a premature death, no intelligent physician will deny. The observant reader need only bring to his remembrance the disagreeable

feelings of any day which has been preceded by a sleepless night, to be fully convinced of the serious evils which must follow a systematic short allowance of sleep.

We heard one of the greatest theological minds of the century advise that time should not be wasted; that students should carry some book in the pocket which they could take out and read, when waiting at an appointment or for sitting down to a dinner, while others were collecting; that even if but half-a-dozen lines were read, it was that much time saved. He believed in his theory, put it in practice, died early and—demented! The brain must have rest; sleep is the best rest.

Let parents who do not want their children to die of water on the brain, allow them to have the fullest amount of undisturbed sleep they possibly can take, especially while at school.

The more sick people can sleep, the sooner they will get well. Sleeping in the daytime, if before noon, enables them to sleep better the following night. Students, women, and nervous persons need all the sleep they can get, and so do the melancholy and those who are in trouble. Early rising is not condemned, it is heartily commended. But if not preceded by an early retiring, it is a crime against the body.



TOBACCO-USERS.

It has become very common to invest chewing-tobacco and snuff in lead-foil. Herr Hockel examined some snuff from a quantity, part of which had been used by a patient who was laboring under a severe attack of lead poisoning, and found that it contained two and a half per cent of metallic lead. The tobacco near the corners of the package, being more perfectly inclosed by the foil, contained the most lead, which is decomposed by dampness and remains in the tobacco or snuff in the form of carbonate of lead, which is the white lead paint of commerce, which inflicts such horrible sufferings on many of those whose business compels them to work in it. The slaves of the disgusting "weed" would do well to make a note of this, and either abandon the inexcusable filthiness or avoid using any that is enveloped with lead-foil.

CELLARS.

THERE ought to be no cellar under any building designed for the residence of families ; but in cities where ground is very valuable it is considered a necessity. The only access to the cellar of a New-York dwelling is through the lower hall or passage ; hence, whenever the door is opened, all the fumes, gases, odors and dampness which arise from it, ascend through the building and impregnate every room with the foul air generated by decaying wood, vegetables, bones, skins, scraps of meat, etc., of which the cellar is too commonly made a common receptacle.

In the spring or early summer, every movable thing should be taken out, the walls and floor should be most thoroughly swept, and then the walls and ceiling should be most profusely whitewashed. No cellar should be without a well-plastered ceiling, not only to exclude the dampness and bad air, but to protect the lower room from cold and changeable weather.

There can be no doubt that an ill-conditioned cellar is the unsuspected cause of death among many a happy household. A gentleman recently built for himself a splendid mansion in this city. He had not been in it long before several members of a hitherto healthy family became unwell. On minute inquiry he found that the house had been erected on a filled-in swampy lot. He at once removed elsewhere, and the usual health returned to his household.

During one of the cholera years in Boston, the whole city was divided into small districts, and trusty citizens were appointed to visit each, and to leave no part of any suspicious premises unexamined, with power to compel a thorough and immediate cleansing. Their care was happily rewarded: only in one neighborhood was there any marked disease, when upon a more rigid exploration of a particular building, it was found that one compartment of a dark cellar was almost filled with a disgusting compound of all the offal of a kitchen for a long period. With such facts, those who possess any intelligence, with even a moderate affection for their wives and children, will give a prompt and wise attention to the subject.

SPITTING BLOOD.

FROM AN OLD PATIENT TO A CLERGYMAN WHO HAD HEMORRHAGE.

"FIVE years ago, after having had a bad spasmodic cough for about three months, I suddenly bled about a gill, cough continuing and slight bleeding for two months more; was feeble all summer and following winter; tried Dr. — and then Dr. — and S—, who, I thought, helped me much, and in great joy I wrote him a letter, which he published. But I think my recovery after all was owing to out-door exercise, regularly and perseveringly kept up. I called on Dr. —, a year ago last spring, when I considered myself pretty well. He examined my lungs and told me they were then sound and working well, that my recovery was complete. Last winter, however, I had no time for any thing, and by hard work and confinement brought on my former difficulty, cough; bleeding in April of last year about as before, repeated two or three times, the last the fifth of July. Did not preach from June to October. I consulted no physician during this sickness, relying on my former experience and my former method—out-door exercise. But Dr. Hall's advice was what I followed, taken when I before consulted him for such difficulties.

"First. All the gentle out-door exercise possible, short of fatigue. Never get exhausted.

"Second. All the good plain food you can digest; avoid pastries and cakes. The best diet is plain bread and beef.

"Third. Try and have pure air always. Connected with this advice of Dr. —, I used, by the advice of a Boston physician, a tablespoon of Bourbon whisky three times a day before eating. Furthermore, I rubbed my chest daily with a crash towel, then a strong liniment. I think a warm bath in a warm room once a week all-sufficient in the matter of bathing. I think the great thing is out-door exercise—that is the cure. It was very obstinate—so was I. I persevered, almost despairing many times; but the last Sabbath in October I tried preaching. For four Sundays it was hard work. From that time until the present, however, my voice never was clearer and stronger. I have preached and talked just as much as I chose. Henceforth I hope not to over-do, and to have a plenty of out-door exercise. I would advise you by all means to go to Dr. —. I think he

is the man of all others. Be of good courage. I do think that no one need die of consumption; as long as one can walk a quarter of a mile he can be cured.

"In your case all violent or protracted exercise ought for a time to be avoided.

"P S.—Coarse brown or Graham bread is better than all wheat bread. A free passage daily of the bowels is of vital importance. If brown bread sours on your stomach, do not eat it. The idea is to get up a good digestion, and so build up the general strength."

The above letter incorporates our own sentiments, and it may be suggestive to state that the person to whom it was addressed declined placing himself under our care because we refused to prescribe any medicine, showing, as far as it goes, that druggery is the folly of the age, not from the prescription of the physician, but from the folly of the people, added to their impatience; they are willing to do any thing that will make them feel better for the moment rather than adopt means, which, although slower in the promotion of beneficial results are radical, safe, and lasting, any one of which three things are of the first importance. A wise man ought to want to be safely dealt with, to be thoroughly cured, and to be cured lastingly, yet such are the views practically of very few people, and every educated physician has cause to lament it constantly.

SMALL BED-CHAMBERS.

THERE is reason to believe that more cases of dangerous and fatal disease are gradually engendered annually by the habit of sleeping in small, unventilated rooms, than have occurred from a cholera atmosphere during any year since it made its appearance in this country. Very many persons sleep in eight by ten rooms, that is, in rooms the length and breadth of which multiplied together, and this multiplied again by ten for the height of the chamber, would make just eight hundred cubic feet, while the cubic space for each bed, according to the English apportionment for hospitals, is twenty-one hundred feet. But more, in

order "to give the air of a room the highest degree of freshness," the French hospitals contract for a complete renewal of the air of a room every hour, while the English assert that double the amount, or over four thousand feet an hour, is required. Four thousand feet of air every hour! and yet there are multitudes in the city of New-York who sleep with closed doors and windows in rooms which do not contain a thousand cubic feet of space, and that thousand feet is to last all night, at least eight hours, except such scanty supplies as may be obtained of any fresh air that may insinuate itself through little crevices by door or window, not an eighth of an inch in thickness. But when it is known that in many cases a man and wife and infant sleep habitually in thousand-feet rooms, it is no marvel that multitudes perish prematurely in cities; no wonder that infant children wilt away like flowers without water, and that five thousand of them are to die in the city of New-York alone during the hundred days which shall include the fifteenth of July, eighteen hundred and sixty! Another fact is suggestive, that among the fifty thousand persons who sleep nightly in the lodging-houses of London, expressly arranged on the improved principles of space and ventilation already referred to, it has been proven that not one single case of fever has been engendered in two years! Let every intelligent reader improve the teachings of this article without an hour's delay.



E A C H T H E B E S T .

A GENTLEMAN called for medical advice the other day, whose reputation as the manufacturer of a certain article of hardware would sell any thing with his name upon it. On being asked if the quality of the article depended on any secret mode of preparation, or any peculiarity of handwork, or any patent protection, he replied: "Nothing of the sort; the article is not patented, nor is there any secret in my establishment. On the contrary, while my process is peculiar, it has at the same time been made public, and I have debated the propriety of my course, and defended it against my friends and rivals in the same business. I took my stand at the age of twenty years, and

have resolutely adhered to it for nearly a third of a century through every phase of the market; there is no year, of all that time, in which we failed to make money; although, at times, we may have been compelled to sell at actual cost. But now, for many years, I have had the preference in the markets of the world; seeing this, my name was pirated by thirty manufacturers in Manchester, at one and the same time, and in every single case, the English courts decided in my favor, and compelled the rectification of the wrong. My plan was simply this; I allowed my name to be stamped, only on the very best article my establishment could turn out. I had a finished expert in each particular branch and stage of the manufacture, to inspect the article; he had nothing else to do, and it was not 'passed,' until each one had declared that it was without a flaw. At first, multitudes were thrown aside, but by rigidly requiring each department to strive to make each successive article the best of any that preceded it, we now habitually make '*each the best*,' and this is the answer to your question." So he will live longer, who will strive to make each day the best, in industrious exercise and a comprehensive temperance; who, if he work too little to-day for a good night's rest, will strive to work more to-morrow; if he eats too much to-day for subsequent comfort, will retrench to-morrow, or so modify his eating in quantity or quality, that there will be no unpleasant reminder after any meal, that an excess has been committed; this apparently little thing has engaged the attention, and waked up the resolves, and baffled the efforts of the greatest minds in all ages; showing that a brute appetite wars daily with a nature divine, as, in handicraft, cupidity tempts integrity and generally overcomes it; hence so few men, in any branch of business, legitimately succeed in the long run. Let every nurse, then, endeavor to do better with each succeeding invalid; let every physician endeavor to give more thought and attention to each new patient, and let us all, in all things, strive patiently, resolutely, persistently, to make each day "the best" of any that preceded it, and thus do more than could possibly be done in any other way, to prevent our lives being a failure; a calamity than which no greater could befall any man. Reader! let you and I strive to live, so that it may be justly inscribed on the slab which covers our graves:

"HE DID NOT LIVE IN VAIN."

EIGHT TO SIXTEEN.

LORD SHAFTESBURY recently stated in a public meeting in London, that from personal observation he had ascertained, that of the adult male criminals of that city, nearly all had fallen into a course of crime between the ages of eight and sixteen years; and that if a young man lived an honest life up to twenty years of age, there were forty-nine chances in his favor, and only one against him, as to an honorable life thereafter.

Thus is it in the physical world. Half of all who are born, die under twenty years of age, while four fifths of all who reach that age, and die before another "score," owe their death to causes of disease which were originated in their "teens." On a careful inquiry, it will be ascertained that in nearly all cases, the causes of moral and premature physical death, are pretty much one and the same, and are laid between the ages of "eight and sixteen years." This is a fact of startling import to fathers and mothers, and shows a fearful responsibility. Certainly a parent should secure and retain and exercise absolute control over the child until sixteen; it can not be a difficult matter to do this, except in very rare cases, and if that control is not wisely and efficiently exercised, it must be the parent's fault; it is owing to parental neglect or remissness. Hence the real source of ninety eight per cent of the crime of a country such as England or the United States, lies at the door of the parents. It is a fearful reflection; we throw it before the minds of the fathers and mothers of our land, and there leave it, to be thought of in wisdom, remarking only as to the early seeds of bodily disease, that they are nearly in every case sown between sundown and bed-time, in absence from the family circle, in the supply of spending-money never earned by the spender, opening the doors of confectioneries and soda-fountains, of beer and tobacco and wine, of the circus, the negro minstrel, the restaurant and the dance; then follow the Sunday excursion, the Sunday drive, with easy transition to the company of those whose ways lead down to the gates of social, physical and moral ruin. From "eight to sixteen!" in these few years are the destinies of children fixed! in forty-nine cases out of fifty; fixed by the parent! Let every father and every mother, solemnly vow: "By God's help, I'll fix my darling's destiny for good by making home more attractive than the street."

DRINKING WATER.

EVEN pure cold water may be drunk too freely in summer-time. Persons who are in feeble health or suffer from the effects of summer diseases, will derive great advantage from swallowing bits of ice whole, after craunching them with their teeth, instead of taking large draughts of ice-water, which often have the effect to increase the thirst; this is not the case if ice is eaten.

A person who drinks water largely in the early part of a summer's day, will be more troubled with thirst during the remainder of the day than if these cravings had been resisted for a few hours.

The more water a man drinks in summer, the more he perspires, and after a certain point, perspiration becomes debilitating, and is then a cause of disease.

When persons are feverish and thirsty beyond what is natural, indicated in some cases by a metallic taste in the mouth, especially after drinking water, or by a whitish appearance of the greater part of the surface of the tongue, one of the best "coolers," internal or external, is to take a lemon, cut off the top, sprinkle over it some loaf sugar, working it downward into the lemon with the spoon, and then suck it slowly, squeezing the lemon and adding more sugar as the acidity increases from being brought up from a lower point. Invalids with feverishness may take two or three lemons a day in this manner with the most marked benefit, manifested by a sense of coolness, comfort, and invigoration. A lemon or two thus taken at "tea-time," as an entire substitute for the ordinary "supper" of summer, would give many a man a comfortable night's sleep and an awaking of rest and invigoration, with an appetite for breakfast, to which they are strangers who will have their cup of tea or supper of "relish" and "cake" and berries or peaches and cream.

The lemon thus eaten was the great physical solace of General Jackson in his last illness, which was consumption combined with dropsy. It loosened the cough and relieved him of much of that annoying hacking and hemming which attends diseases of the throat and lungs, many times more efficient, speedy, and safe than any lozenge, or "Trochee" ever swallowed.

DRUNKEN WOMEN,

OR "Intemperate Ladies," as a cotemporary more elegantly expresses it; but it is better to speak of evils so as to bring them up before the mind in all their startling deformity; still we recoil at the heading, and are conscious of an inner effort to persuade ourselves that there is not such a thing in existence as a "drunken woman." My mother drunk? my sister? my daughter? my wife? Impossible! yes, impossible to me, but not to all.

One of the handsomest young wives in New-York, and of a family name, which, as to social position, was second to none, died of an over-draught of her favorite stimulus. In default of other supplies, she frequently drank the cologne water of her toilet-table; and yet for the troubled and the sorrowing she had a heart so generous and a nature so kind, we have known her, when sudden and crushing trials came to the poor and obscure, of whom she never heard before, to visit the saddened household, speaking words of sympathy, and sharing her wardrobe with the children of sudden misfortune.

Not long ago there died the wife of a great name, whose infatuation for the cup was such, that for the last years of her life an attendant was appointed to follow her, every hour of her waking existence, and yet the heiress of hundreds of thousands died a drunkard's death!

For a summer we lived in the same house with a lady whose intellectuality shone conspicuously in any company; whose poetry, as pronounced by herself, would charm all hearers; and whose vivacity and conversational powers, were such as to compel the admiration of every stranger; and yet when the desire for drink came upon her, like a strong man armed, she hesitated not to practice the most degrading deceptions, to feign the most fearful diseases, that in the absence of her accomplished husband, stimulants should be brought to her by kind and unsuspecting attendants; and then for several days she would revel in the most beastly intoxication.

An official announcement was made not long ago, that some four hundred applications had been received for admission into the asylum for inebriates, now in process of erection at Binghamton, a large portion of which were from women in the upper walks of life.

Not long ago a man of great wealth was applied to for a donation for the State Asylum ; he declined on the ground that he had no personal interest in such an establishment, as there was no danger of any of his family requiring its aid. Later on, a young man of this city died in a drunken revel ; it was his son, just entering manhood ! The truth is, no parent can say that any son or daughter will not die an inebriate. A writer says of New-York :

“ There is a great and growing evil in this city, but one of such delicate nature as to almost forbid being dragged into public print. I refer to the increasing and lamentable habit now so common, of the indulgence by ladies in intoxicating drinks. I do not refer to those who do wrong almost from necessity, but to that other class who have rich husbands and homes that might be made happy. A larger number of this class seem steadily to be diving deeper into dissipation every year, than many persons greatly interested in their welfare and happiness even imagine. I have heard recently of several distressing cases of this kind, and to-day I learn that the wife of a well-known citizen, reported to be very wealthy, has been sent to the lunatic asylum, in the hope that she may, with returning reason, be enabled to overcome the terrible temptations which intoxicating liquors have of late had for her. Her husband's name is almost as familiar in some parts of the South as it is here.”

It is unwise to attribute this growing evil to any one cause, for there are a variety in operation ; a few may be named, and the reader must make such use of them as an intelligent conscience may urge.

Reputable physicians seem to be falling into the habit more and more of advising alcoholic remedies, either frankly and above-board, or under the disguise of Tonics and Tinctures and Bitters. Scarcely a religious newspaper of any name or sect can be taken up, which does not contain advertisements of these same mischievous agencies with “ Reverend ” certifiers *ad nauseam*. The editors of respectable medical journals, and the publishers of the same lend their aid towards the introduction of wines and beers and brandies into the families by whose patronage they live ; thus prostituting their influence to vile purposes for the sake of the few dollars they receive from the ad-

vertisement of the same. To show the extent to which these things are practiced, we take up a medical periodical for July, of this city, issuing from the establishment of a name, which, for half a century has commanded the respect of this whole community; the editor, an old man, of learning and culture, and high position in his profession and in his church; such men, we say, are found introducing to the knowledge of their readers "Pure Liquors for the use of the sick," and telling where such a brand of gin and such a quality of whisky can be had; showing, however, some little deference to public decency, by saying: "So long as people will take domestic medicines, they ought, at least, to discriminate the good from the bad." How is it possible to "discriminate" between good and bad London Dock Gin, and Philadelphia Whisky, and French Cordials, when all are bad; when the use of any of them for a short time *tends* to set up a desire for more, which no man of intelligence, and who has any respect for himself, or for the truth, will deny. How many men and women under the habitual use of Tonics, and Bitters, and Beers, and Cordials, have waked up at last to the fearful truth that they "can not do without them," "must have them," let our asylums, and prisons, and poor-houses testify, and let ruined families, and blasted reputations, and broken hearts from the land over, confirm the terrible record! He, and he only, is safe from a drunkard's death, who never tastes a drop of any thing that can intoxicate.

M E T A M O R P H O S E S .

A LEARNED doctor once delivered himself thus: "Alcohol arrests the metamorphosis of the tissues; hence, as Phthisis is the oxydation of the exudation corpuscle, the article designated should be 'exhibited' in the premises."

Man alive! why didn't you say: "I believe brandy is a cure for consumption."

This grandiloquence is a reminder of another deliverance effected safely by a tip-top preacher, on one of the "squares:" "Anthropology is Theopneustic:" that is, the Wottapottimy man believes in the power of gunpowder. If Drs. Hawkes,

Davidson, McGill, or any other of our clerical D.D.s, will give us a more literal and luminous "rendering," we shall be happy to avail ourselves of their exegetical acumen and learned lore.

No-doubt some canny Sawney invented the argument in the *Westminster Review* three years ago, that as alcohol arrested the metamorphosis of the tissues, prevented the waste of flesh and strength of man, hence "Punch"* was good for every body, sick or well. The meaning of this is, that we are all the time burning up, the flame must have something to feed upon; that flesh is carbon, whisky is carbon: that carbon only will feed fire, is food for the fire of life, and that, under the circumstances, it is better to furnish whisky, than to supply the demand with ones own flesh. But if you put some "Old Bourbon" in a dish, and set it on fire, it goes off in a blaze, and soon there is but little left beyond a spoonful of water, and if the flame is to be kept up, more whisky must be supplied: hence, who ever heard of a toper who wasn't a personified horse-leech and Oliver Twist "give-more!"

For a time liquor does arrest destructive decay; the fever of disease feeds upon it, instead of the flesh; but then it creates an "excitement," a fever of its own; this, too, must be supplied with fuel: hence, in any given case, either in health or disease, the alcohol must be supplied in increasing quantities, in order to keep the system up to a certain point, and if that increasing quantity is not supplied, the body begins to burn itself up; the man feels wretched; whole pitchers of water are ravenously drank in the vain effort to satiate the remorseless thirst, but an ocean of cold water can't put out the fire; there is a burning fire within the man; it must have flesh to feed it; there is no appetite for the solid food, which otherwise might have formed flesh; the stomach and intestines have been so scorched, as it were, by the immense amount of "fire-water" introduced into them, that they will receive it no longer, or if tolerated, it does not meet the wants of the system, and there is no other alternative but to make fuel of the remnant of flesh yet remaining; pound by pound does that flesh melt away, and the full-fleshed, red-cheeked, hilarious man of a few months ago, has lost his jesting and his jokery, the ruby has faded from

* A mixture of whisky, hot water, sugar, and lemon?

his face; on cheek, and arm, and hand, and "calf," the dry and parched skin clings as tightly as a drum-head; he totters along on two spindles; eats nothing, drinks nothing, and miserably dies!

Therefore if any reader of this JOURNAL tries hereafter to get well of any ailment under the sun by drinking liquor, he is so hopelessly stupid, that any additional reading of it will be utterly useless, and he had better write for the balance of his year's subscription.



C A T A R R H

Is a Greek word, which means a "flowing from," and is synonymous with a common cold. A cold in the head causes a running from the nose; a cold in the eyes makes them water; a cold in the chest or lungs causes an increased expectoration; a cold in the bowels occasions diarrhea. This "flowing," whether from nose, eyes, lungs or bowels, is nature's effort to ward off the effects of a previous injury; it is essentially a curative process, and ought never to be interfered with. If this "flowing from" is stopped in any way, whether by external applications or internal medicines, the inevitable effect, always, is to drive it to some other part to seek an outlet, for nature will not rest ever, until the riddance is effected. Within a month, a lady was attacked with a great itching and running in the nose, some ignoramus advised her to use a certain kind of snuff, to "dry it up;" it had the effect in a few hours, and she was charmed with the result; she thought it a wonderful medicine; that night she was attacked with asthma, which confined her to her bed for two weeks, to say nothing of the distressing sufferings which filled the interval, day and night.

A gentleman complained of a cold in the head, with sick headache; some one advised him to have buckets of cold water poured on the top of his head, which was followed by a welcomed relief; the next day he complained of a sore throat, which troubled him as long as he lived.

Many persons have diarrhea as a consequence of a cold; they can not rest until they "take something" to "check it," with the certain result of its falling on the liver, to end in a

"bilious attack," if not on the lungs, to cause pneumonia, or pleurisy, or other more serious form of disease.

A gentleman had a cold in the head which affected his hearing; it was ignorantly tampered with, and apparently cured; but the eyes began to complain shortly after, to remedy which he spent two years and a thousand dollars under the most eminent Allopaths and Water-Cures, with no efficient result; and his eyes are as troublesome to-day as they were some ten years ago. All "flowings," "runnings," etc., are the result of what, in common parlance, is a "humor in the blood," and nature is endeavoring to "run it off," but our reckless and ignorant interferences thwart her in her efforts, and bring on greater calamities.

In all catarrhs, chronic or acute, long or short, a wise physician will do nothing to stop or repress, but will use means to cause a greater activity of the liver, and prescribe an unstimulating and cooling diet, warmth and judicious exercise.

For ourselves we would give physic a wide berth. If we had a "flowing from," a catarrh, a cold, all of which mean precisely the same thing in nature and essence, we would let it flow, and thus have the system relieved of an enemy, whose presence it will not tolerate. But there are three other things which may be done to very great advantage, because they would expedite the cure.

1. Keep the body very comfortably warm by all available means, especially the feet.

2. Take a good deal of exercise in the open air, to the extent of keeping up a very slight perspiration for several hours during the twenty-four.

3. Live on light, loosening, cooling food—moderate amounts—such as water-gruel, crust of bread, stewed fruits, ripe berries, and nothing else, until entirely well.

LIVING YET.

MORE than a quarter of a century ago, while attending medical lectures at the University, we wrote a short article for the press; within a few days it has appeared in four different newspapers, credited to this, that, or the other source, or none

at all. About three quarters of it had been lopt off, to say nothing of change of sentiment and phrase. Thus it is with the books which men write: as years roll on, fewer and fewer of them are thought worthy of republication; next there is only a synopsis of the best, then a chapter, or a paragraph, or a single sentence, is all that remains of the work of a life-time. Thus, too, is it with the actions of great men. When they die, this thing and that is published about them; long forgotten and unimportant incidents are brought up from the musty past, and are read with peculiar interest. In a short time the less striking acts fall into forgetfulness, until but a single one is prominently remembered of all that was ever done!

So, too, of the sayings of the great. Words are affirmed by some to but air, and yet they are the most enduring monuments of men; just as the hair of the head seems to be the most perishable portion of the human frame, and yet in the grave it survives muscle, and brain, and tendon, and nerve, and the solid bone itself. The lives of some men are compressed into a single sentence, which brings up their whole history; their moral photograph is taken at a dash. "Pray to the Lord and keep your powder dry," and Oliver Cromwell stands before us in his stern, practical, great English heart, that could, like Washington, indignantly reject a crown. "Don't give up the ship," and the heart yearns for the brave and dying Lawrence, whose name is not likely to be forgotten while Liberty lives. "A little more grape, Captain Bragg," and old Rough and Ready, the hero of Buena Vista, comes to our memories as the embodiment of all that is honest, manly and brave. "I'd rather be right than President," and we feel that well did such a sentiment become the greatest heart and the greatest orator of his age, the peerless Henry Clay. There is no conclusive proof that any one of these sayings was uttered by the persons to whom they have been attributed, while there is reason to believe the contrary; and that they were words put into their mouths by writers who had the rare gift of sketching a character truthfully, with the dash of a pen.

There are two sayings which are authentic, and which are destined to make the names of those who uttered them, as imperishable as the mountains of ages: "England expects every man to do his duty," and the indomitable Nelson, with

his one eye and his arm-stump, looms up before us as the greatest hero of the greatest nation. But longer than any of these, because a hallowed sweetness gathers around it, and its associations, may live the name and utterance of a young man, whose body, all torn and bleeding, was ebbing its mortal life away, only, however, to exchange it for a life of immortality among the hosts on high. "Stand up for Jesus, father!" and saying it, died! Dudley A. Tyng. Blessed man! We know of no simpler, sweeter, grander sentiment in the whole range of language; fit to echo from the lone hill-tops of the ages, when the departure of the last of earth's millions announces that "Time shall be no longer!"

Human life is a talent, a privilege, a probation. To live to purpose, men should live long, in order that they may gain experiences, for by the wise use of these, grand things are said and done. It then follows, that this life should be cherished by all those practices which tend to preserve it in its highest, healthiest forms, and to its greatest duration, and therefore, HEALTH IS A DUTY!



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(New-York, \$1 a year.)

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

SEPTEMBER, 1860.

[No. 9.

HOUSEHOLD SLAVERIES.

BEING on the right side in reference to the "peculiar institution," and having been born and raised under its immediate influences, our opinions on that subject have been formed from observed facts and not from vain imaginations and false teachings. And now, after some years spent in these Northern climes, "far from home," we find it difficult to arrive at a satisfactory conclusion, which, under all the circumstances of the case, is the happiest and most cheerful class of persons,—the servants in a Southern kitchen, or the mistresses in a Northern parlor. Certainly a greater tyranny may not give as much unhappiness in ignorance, as petty annoyances may yield to culture and a higher civilization. And it may admit of debate, whether more smiles do not flit across the countenances of slavery in ordinary families, than illumine the features of the daughters of the North in any twenty-four hours. Our Northern readers need not be at the trouble of imagining that we are about to defend slavery. We do not choose to do any thing of the sort, but introduce the subject for the purpose of wedging in a variety of practical truths in reference to human health and happiness, more especially connected with our domesticities.

In looking at the whole subject from a dispassionate standpoint, the most protrusive object in the mind's eye is the contrast between the mountain and the mouse; the grandeur and the ridiculousness; the magnificent myth of a free country in theory, and the contemptible narrow-mindedness of the reality, when the North unchurches, excommunicates and hands over to unending perdition all who speak for slavery; and the South imprisons, chains, tars and feathers, and hangs as high as Ha-

man hung, all they can—catch! who speak against it. But we must say, that Southern folly and injustice carries away the “belt,” in present parlance, in charging upon the whole North the follies and the crimes of a pitiful few; in accusing millions of doing what never entered the imagination of but some twenty persons to conceive. And now that the din and dust of last winter’s commotions have passed away, let the South learn to act a wiser and a nobler part, in the event of the reöccurrence of contingencies, similar to those which all intelligent and good citizens, North and South, ardently hope may never be repeated. From opportunities of personal observation in the highways and byways of the North, which not many possess, we firmly believe that if any Southerner, from Governor Wise, up or down, could possibly be made to feel that an auger-hole would be a most welcome refuge, it would be the presentation of the actual facts of the case here in the North, in reference to the “John Brown Raid.” The instinctive exclamation would bound forth: “What a fool I was, to get in such a pucker about nothing!” In a multitude of cases, in street or house, or car or steamer, it was impossible not to be struck with the general indifference to what the papers would make believe was the all-absorbing topic of the times. The facility with which it was dismissed, the careless levity with which it was handled, compelled the conviction, that the *great public* regarded it as a matter with which they had no special concern, as if they had said: “That is their business, not ours; let the South alone, to manage it in their own way.”

SCENE I.—*City Cars.*

“What do you think of this John Brown affair?”

“Oh! stirring times these; makes things lively. What’s Erie to-day?”

SCENE II.—*Steamboat.*

“This slavery business seems to be looming up.”

“Well! I don’t know. Seems to me to be a bull movement of seedy politicians and hard-up newspapers, to raise a ‘sell.’ I bought a house at Yonkers the other day; it is the most delightful suburb of the city, accessible at almost any hour by rail or boat or horse; having a population, which for refinement and culture is perhaps not excelled. One of its sterling

features, and which must commend it to the appreciation of all solid and conservative people, is the number and liberality of its churches; the care they take of their ministers, and the interest they show in all that pertains to good doing. But I am in a betweenity, locally and morally. I am equidistant from the Dutch Reformed and Episcopal churches, whose respective incumbents are the salt of the earth. Dominie Hulburt is one of the best of men. His heart is always in the right place (in his hand) ready to be given at a moment's notice, in kindly sympathy, in wise admonition, or cheerful counsel; a willing, patient and hard worker. My wife has Episcopalian predilections, and leans towards Mr. Carter, who will leave a mark for good behind him. All the carriages go there, and a great deal of money too; the latter returning never, except it may be in the way of bread cast upon the waters; the talented Rector contending that the un-giving, as well as the un-*for*-giving Christian, are pretty much in the same category."

SCENE III.—*Ferry-Boat.*

"I've seen a great deal in the papers about a rumpus in Virginia, but have not taken time to keep the run of it. Can you give me a bird's-eye view of the case before we get to the other side?"

"Certainly. Some old man, Smith, or Brown, or other short name, undertook to persuade some slaves to run off to the North, but they wouldn't do it; meanwhile the whites heard that something wrong was going on, surrounded the Brown people, killed some, took others prisoners, a few escaping. By the way, wouldn't you like to buy that lot of mine adjoining your house? will be sold at a great bargain to 'close a concern!'"

SCENE IV.—*Broadway.*

"Do you see that little thin man, walking briskly this way; shoulders stooping, eyes earthward, with slouched hat and walking-cane? That's Dr. Cheever."

"The man who has the 'wealth of — anathema'?"

"The same."

"He ought to be hung!"

"Why?"

"The malignity which he exhibits against slaveholders, its aiders and abettors, is devilish."

"Hello—stop a minute, or you will show as much 'wealth' of malediction as he. Don't you believe in earnest men, consistent men?"

"Yes; consistency of faith and practice is a jewel, when exhibited in a good cause, whether in one of a class, a committee, or a country. If a man advocates temperance, or the sanctity of the Sabbath, and practices them, I care not how severely he comments upon the conduct of the enemies of both."

"Then you must be less severe in your rebuke of the occupant of the Puritan pulpit. He is an earnest man, impressive and fearless. No one in my hearing has ever spoke more eloquently and unsparingly against drunkenness and Sabbath-breaking; he has done great good thereby; and therein, as you must admit, deserves well of every Christian community."

"Well, I believe you are right, and for his fidelity and fearlessness, for his sincerity and his zeal in what he believes to be right, I am compelled to commend him. If he happens to be in the wrong, that's his own look-out. But the fact is, I believe it's none of my business any how. Things will rectify themselves. Let the South alone, to manage its own affairs. Why should I go into my neighbor's family on a formal call or social visit, and while receiving his confidence and courtesies, go into his kitchen, on a chance turning of his back, and persuade the occupants to leave him? By the way, where will you spend next summer? Newport is ruinously expensive. Saratoga is a human menagerie, the cages full of dust, all inclosed in a patent oven. The 'White Sulphur' is too far off. Beautiful Rockaway is too near for delightful exclusiveness. The older I get, the more I am convinced that the most comfortable spot for a summer's residence is New-York City, any where above Fourteenth street, between Third and Sixth Avenues. The difference between the range of a large house and that of a ten-by-twelve room, between a whole bed with a hair-mattress, and a bag of shucks across wooden slats, between the best and freshest fruits and berries which the country can afford, and the ring-streaked and speckled, which are retained as being 'good enough for boarders;' between milk drawn at midnight and placed fresh and cool on the breakfast-table, as by the Company in Tenth street, and that which is left after a journey to New-

York and back, under a broiling sun; between a hot roll or the light loaf of a baker, and the yellow saleratus biscuit or soggy home-made bread of a plowman's cook; between the morning walk on a clean foot-pavement with the animations of the street and the diversions of the shop-windows, and silent draggles through weeds, wet grass and dust, with nothing showing life but pigs and plowmen, the yelp of a dog, the squawk of a mud-puddle duck, the gabble of geese and the bellowing of cow-beaux; between the coolness of your own sheltered house at mid-day and a bald building on a barren hill without shade, broiling the whole day long under a summer's sun; between the short and quiet walk to church of a Sabbath morning, and the hurry-scurry and haste and bustle attendant on saddling horses and gearing carriages and other discomposing preparations for a journey of several miles and back—the difference, we say, between 'this and that,' is so wide in my judgment, that I have concluded to spend 'the season' at home, with the advantage that it costs nothing extra to do so. I will have neither to spend time, comfort, nor money; whereas, if I go to the Springs, every time I turn round or open my mouth, I must put my hand in my pocket. I must lose time from my business, be choked with dust in rail-cars, nauseated at the thought of hotel and steamboat cookery, nap on 'the rail' or dream on a shelf, while the clamor of baggage-men, the gaunflets of hack-drivers, and the imposition of porters are all standing and standard grievances hard to be borne."

Such conversations, to be heard any where and every where, showed to our eye that the great public sense of the North felt no special personal concern in a subject which at that very time was regarded by Southerners generally with such a deep and intense interest. We give it as our opinion, that the prevailing sentiment of Northerners, the bone and sinew of them, on the general subject of slavery is this, that in every present slave State, slavery and slaveholders shall be protected at any cost of blood and treasure which may be required of them for the same; that the Union will and shall be preserved; that whoever is elected President according to the law of the land, they will accept and obey, as they always have done; they are just as unalterable in their determination that domestic slavery as it now exists South of Mason's and Dixon's line, shall never be

extended over one single additional inch of territory now belonging to the confederation, unless the majority of the people of the United States should vote for it. In such an event, they would most certainly acquiesce. Northern opinion on another subject is of interest. Millions of voters think that there is no necessity for meddling with slavery; that it is merely a matter of time, a matter of dollars and cents; that as soon as it becomes a non-paying institution it will cease to exist, and that it will as certainly become so, first on the borders, then inwards, as that the sun will shine to-morrow, and they believe themselves bound by solemn oath to bide that time. In this light, the unfairness and injustice of the South stood out in unenviable relief, when, for the fanaticism and murderous intent of twenty deluded men, they brought their accusations against the millions of Northerners besides, as generous and patriotic and as brave as themselves; they exhibited a want of magnanimity and confidence in their Northern brethren which is alien to the Southern heart. It is to be hoped that they will never again allow themselves to be misled by calculating politicians and hair-brained editors, both North and South, who merited the halter quite as much as the imbeciles, who, bent on robbery, violence and blood, if there was need for it, embarked their all and lost it, in an insane raid. Any meddling with slavery on slave soil, except to increase the safety of the master and to add to the comfort and happiness, present and future, of the slave himself, involves the triple crime of theft, perjury and murder, than which there can be no greater, no meaner, in all the black catalogue of human guilt. Such are the thoughts here.

"As we were saying," the upper crust of New-York, that is, its leaders and rulers, or, to be more explicit, the sovereign — wives of Gotham, for what is a husband nowadays? He is a mere machine to grind out money and hand it over to the powers that be, who know nothing as to how it comes and care less, so that it does come, and who spend it as freely as water for dress and show, for ribbons and feathers; if any is left, it is thrown into the "sinking fund" of the kitchen, which, if it hadn't a maw as large as a continent of greens, would have been filled to repletion long ago. And now we come to

Firstly. There is reason to believe that the amount of do-

mestic discomfort in Northern homes, arising from the system of domestic help, is greater than in Southern households.

Speaking in general terms, the domestics of the North, the cooks, the chamber-maids, the nurses, the waiters and footmen, are foreign or native; the latter, whether black or white, are usually of no account, the colored dishonest, the whites above their business; as to the foreign, their business is above them, they are too insufferably stupid or too utterly careless and indifferent ever to learn; only two points engaging their attention, getting their wages and wasting as much as possible. About one in a hundred seems to have any moral sense of the duty of taking care of the interests of their employers. It is perfectly wonderful to witness sometimes the combination of insolence, pertness, and destitution of any sense of justice or of right, especially when it is known the want and the degradation with which they were familiar in their own country—a year, a month! ago.

The foreign help is made up, mainly, of three classes, the Dutch, Scotch, and Irish. The Dutch are so dirty, we will let them alone; the Scotch drink whisky, and need not be counted on. The Irish are the main-stay of housekeepers, being too generally what phrenology terms “secretive,” without moral principle, and seemingly incapable of taking any interest in the real welfare of the family which they are paid to serve. To squander, waste and destroy with utter recklessness, is the trait of how many we do not say; householders can name the “figure,” which, in their own judgment, is just.

If they have been with you for years, they will leave you at a day's notice; if you discharge them short of a month's “warning,” they are “kilt entirely.” If there is any time at which it gives them rather more pleasure to leave than any other, it is in the midst of preparation for company or of severe sickness in the family. The impudence of some of them is refreshing. A girl declined to engage herself because she observed that the front-gate was kept locked, “as if ye didn't want ainy one to come and say me at all at all.” Another said, “I jis cum to say how yer house looked on the outside; it is too small entirely, and it's only brick; it don't suit, so I bid ye a good avening.” A third came as chambermaid. “I like ye very much mam, indade. I see's ye're a lady, but I don't like having the little children to dress.” A fourth was kept wait-

ing, the mistress of the splendid mansion being necessarily detained, certainly not over ten minutes, when, on entering her own parlor, Biddy said: "Ye shouldn't kape me a waitin all this time." A very summary invitation into the street gave the young lady to understand that she had miscalculated. Another protested: "This is a very fine house and looks well kept, and no doubt ye're a fine lady and I would love to live wid the likes of ye, but the kitchen (twenty feet square) is too small."

They are extremely sensitive, too. A footman, at twenty dollars a month, left, because he was required to wash off the bricks in the back-area. Another, for being asked to wash the lower hall. "I'm not a maid of all-work." A neighbor got up—to no breakfast, because a servant being sick, there was a requirement to build a fire that morning. Another insisted on having tea for breakfast and dinner, as coffee gave her the head-ache. Another wasn't used to riddle out the coal, it looked mean. Very likely some of our city readers could give still livelier specimens of the ridiculous, but we have confined ourselves to what is literal and known.

It is a great indignity to require one to do what is the proper duty of another, whatever may be the emergency. "It's not my business, mam, to cut peraties." "I didn't hire to handle dirty clothes." Another came to "cook, and not to answer the door-bell when the waiter is out." The line of demarkation as to the particular duties of each, is to be defined with all the distinctness of a city survey or an insurance document, and to go beyond it is considered unendurable.

Many of them refuse to eat bread which has once been placed on their employer's table, although absolutely not touched, even with a fork; the result is, we have known a peck of sliced bread to be brought up at a time as the leavings of a week, and which may be seen any morning, to aid in filling the ash-barrel. We passed a charitable institution, in the ash-box of which had just been emptied a basket of good bread, in rolls and slices; reminding us of a bill brought in by the manager of an asylum in this city, about the time of the panic of 1857, for some fifty or more baskets of peaches, at three dollars a basket. Fine thing to be poor in New-York! or to be the money-handling officer of public charities! But this is off the subject; still, it

is ominously suggestive of the sunnyside of poverty, and the reckless use sometimes made of charitable funds, by wasteful servants.

The first thing a new help does, when the employer is stupid enough to allow it, is to expatiate on the grand scale of living at her "last place." The lady "never comes into the kitchen. The gentleman never goes to market, but gives the money to the head-waiter, to make all the necessary purchases. I carried the keys all the time, mam, and when I left, the lady (and she was a fine lady too, mam) said she had never missed any thing while I was wid her, no indade and she said right. When we wanted tay, I wint to the chist and took the fill of my hand for one time; and we never used any thing but loaf-sugar, and it was well for me, for any other kind gives me the head-ache."

Not the least item is the rod which the cook in the kitchen holds over the mistress, who is so terribly afraid of being considered close and mean, that she dare not make any suggestion about burning less coal or gas, or serving up to a second meal any remnant of the preceding; so one thing goes on to another, until the mistress never gives a command, only makes a request; at length cookey becomes chief counselor of state, and reckless waste is the order of the day. The inevitable result of these things is, that many a freeman works harder and more incessantly than a slave, for he carries the labor of the brain to a restless bed, when the body-work of the day is over; still he does not "get along." The leaks in the kitchen are greater than the gains of the counter, and the red flag of the auctioneer closes the history.

In a Southern home, the wife is mistress of her own mansion; she expresses her wishes and they are quietly complied with; she retires to her chamber without any misgivings that she may have her own fires to build and her own breakfast to cook next morning; she has no apprehension that the hard earnings of her husband will be expended in filling stranger's mouths; if her servants help themselves ever so bountifully, she may congratulate herself that it is only a change of locality from shelf to stomach, that her "property" eats her property, and that the sum total is still her property, she can not be a loser, for she possesses just as much as she had before!

It is difficult to form an adequate conception of the amount

of annoyance, irritation, fretfulness, and settled discomfort, which Northern wives suffer from unfaithful and incompetent domestics; it is the "skeleton in the house," the raw head and bloody bones of almost every family, Yet it must be confessed that a large share of it is due to the mistresses of New-York mansions. Many know literally nothing of kitchen or cookery, because nine out of ten of them were brought up with the implied understanding, or under the calculation, that they were to marry rich men, who could afford to have housekeepers. But where so many rich men were to come from, does not seem to have been a considered item in the matter. This is a fearful and an almost universal oversight on the part of managing mothers. Apparently, the "chief end," the absorbing and sole object of maid and mother, is to catch a husband and get a home; but how to make that home a happiness; how to throw around that husband such cords of love and affection, as will bind him to his own hearth, and make his home the eagerly sought retreat at each business day's ending, appears not to have been thought of; no preparation seems to have been made for it. By degrees, the husband finds, that for all the practical purposes of life, his wife is good for nothing. She can not work, can not sew, can not counsel, nor even sympathize with him, and in deep disgust or moody despair, he looks to the club-room, the gaming-table or the decanter for that solace, which he had a right to expect in the wife of his choice.

When the mistress knows nothing of domestic duties, it need not be surprising if the maid knows less. If the mistress does not take interest enough in her household to bend her mind to the learning of what would make her and her husband and children happier, there is no ground to complain that the servants do not care to learn.

The Irish are a sprightly race, and can take up a thing quickly, only if they have a teacher. But too often, the young wife knows nothing, can communicate nothing, and two ignoramuses are at the head of the household!

But there are other faults about young wives. They are passionate, hasty, inconsiderate. They know almost nothing about work themselves, and too often impose impossible amounts of labor on their servants; can make no allowance for the accidents of the kitchen; never think of giving words of

encouragement; and as for sympathizing with a cook or laundress, that is out of the question; they think that their entire duty is performed in paying the wages agreed upon. How often those wages are kept back; how often reduced to the lowest possible amount; how often excessive washes are given out; how often it is twelve or one o'clock before the servants can retire, or other unreasonable things are done and required, may not be known; but they are matters of daily occurrence; and that minds uneducated should be gradually soured and grow selfish and indifferent, on account of these inconsiderations and injustices and unreasonable requisitions, is, after all, not very wonderful. If we would have better servants, we must ourselves be better; we must be more considerate, more courteous, and teach them, by having an interest in their welfare, how to take an interest in our own. Human life, in all its relations, is a series of generous reciprocities, and they who give them wisely, will receive them in return. We who are of higher cultivation must take the lead, in the exhibition of all good and noble qualities. The matron must lead the maid in patience and in forbearance; must encourage her to habits of industry, cleanliness, practicality and system in every department of the household; and by all means, be considerate; trying faithfully to do towards a domestic, as, if places were reversed, they themselves would like to be done to.

Our own experience in the way of Domestics in New-York has been fortunate. Our cooks have always been Irish or colored; we have seldom changed, and in each case on account of marriage or sickness; they have always been scrupulously neat, trustworthy and industrious, keeping good hours, with few or no visitors. There is something in physiognomy and general personal appearance; a great deal, in letting it be understood from the very first, that there must be prompt and implicit obedience; that every thing must be willingly done in precisely the way you want it, and in no other, without express permission. Keep your servants at a respectful distance; never hold colloquies with them; never allow a word to be repeated as to modes of management in other families; nor relations of what was said and done; of all mean things in creation, an itching ear for servants' tales is the meanest. If servants are treated considerately, kindly, patiently and cour-

teously, many good qualities will be elicited thereby, and a gradual and certain elevation in tone and character, and general worth would be an inevitable result; and housekeepers owe it to themselves, and to one another, to promptly commence a reform on their own parts, with the assurance that good and encouraging results will immediately follow therefrom unto themselves; housekeeping will become less a care and more a pleasure; there will be fewer annoyances, fewer irregularities, more leisure, more quiet, more smiles and more health; and with these, home will be more inviting to the husband, the children will be less in the street; harmony, cheerfulness and good nature will bind together all hearts, and quiet, unity and comfort will pervade the household.

M I A S M.

A SHORT word, but it brings sickness and death to hundreds of thousands every autumn; it will bring sickness and death sooner or later to many a reader of this article, but a sickness and death which could have been avoided.

Miasm is the principal cause of nearly every epidemic disease; that is, of every sickness that "falls upon the people," attacks numbers in any community, such as fever and ague, diarrhea, dysentery, cholera, bilious, intermittent, congestive, typhoid and yellow fevers. But it is an avoidable cause of disease. Money and wisely directed efforts can banish it from any locality. All that is needed is to know the laws of miasm, and adapt ourselves to them. The New-Orleans *Bee*, which is one of the very best daily papers in the South, conducted with uniform ability, recently made the following statement on the mystery and invincibility of yellow fever.

"The yellow fever has broken out in New-Orleans under every conceivable variety of circumstances—when the streets were clean, and when they were filthy—when the river was high and when it was low; after a prolonged drouth, and in the midst of daily torrents—when the heat was excessive, and when the air was spring-like and pleasant—when excavation

and disturbances of the soil had been frequent, and when scarcely a pavement had been laid or a building erected. If the disease is endemic and indigenous—a point still in dispute—all we can say is, that research, inquiry, and sagacity are baffled in the attempt to trace its origin and develop its causes. It comes without warning, and goes we know not whither.

“Almost the only fixed and undeniable fact connected with the disease is that its prevalence is simultaneous with the heats of summer and that frost is its deadly enemy. From these frank acknowledgments it may be understood how exceedingly limited is knowledge of the subject. Although most deeply interested in it, and although for half a century the most prominent and learned physicians have bestowed labor and investigation upon it, they have failed to establish beyond contradiction and controversy a single fact that would prove of clearly practical utility in guarding against the approach of the destroyer, or in cutting short its ravages.”

There is not a material statement in the above extract that is correct. Sufficient is known of the Law of Miasm to make New-Orleans one of the healthiest cities in the Union. Having received our medical education in the South, and lived and practiced there many years afterwards, and especially in New-Orleans, it may be presumed that we speak not altogether unadvisedly. Not to keep the reader waiting, the plan will be first stated and then the reasons given; a mistake is certainly not impossible.

Dig a basin in the swamp, in the rear of the city, its sides so cemented that no water can permeate them, and let a system of city drainage be instituted which shall end in this basin, to be pumped out from June until frost, and delivered into lake Pontchartrain. The Dutch have drained a young State by a steam-engine. The American ought to be able to reclaim a few acres by the same agency. All details are purposely left out. The city of Louisville, Ky., in our early recollection, was one of the most pestilential spots in the habitable West; by filling and draining it is now one of the healthiest, one of the most beautiful and flourishing of the cities of the great valley.

Miasm is an invisible emanation, an emanation from vegetable matter, dependent always and every where on three conditions,

any one of which being absent, its generation is an impossibility. There must be vegetable matter, there must be moisture, there must be heat of eighty degrees Fahrenheit and over, for a considerable portion of each day. These things are known and acknowledged by all scientific writers on the subject, hence it is not necessary to prove them. If then there is no wood or leaves in a specified locality, there can be no miasm generated there; nor can there be, if there is no moisture; nor can there be if there is no heat. No human power can get clear of the heat of New-Orleans, and profuse vegetation is characteristic of that latitude, so that the only practical mode of preventing the generation of miasm there, is to cause a dryness of the surface-soil by means of drainage. The "Mystery" of Miasm, is as plain as the face of day when its laws are known. Dr. McFarland of New-Orleans has not hesitated to publish, that the relative filthiness of the city has nothing to do with its reputed sickliness, in fact, that the filthier parts were the healthiest. The nature of miasm is such that an epidemic may prevail in New Orleans in a very dry summer or a very wet one. One summer may be a dry one, and there be no yellow fever; the next may be a wet one and no yellow fever; the third may be a dry one and yellow fever may be epidemic; the fourth may be a wet one, and the yellow fever may be epidemic, and yet one invariable law of miasm governs the four years, and which, when understood, is plain, even to a child's comprehension. Every man is interested personally and vitally in these statements, whose family lives where autumnal diseases prevail.

Among the phenomena of miasm are these. First. It impregnates the air of the locality, in or very near which it is generated, and to be affected by it, a person must be in that locality, and breathe its air.

A son of Colonel Ellis was attacked with yellow fever at his residence, where the disease had never been known, and there was no other case in the family or in the neighborhood. Just before he died, he was asked if he had been to Philadelphia, where it was then raging in all its fury, he replied, he had not been in the city, had only crossed over to the shipping, but had not gone up into town. It was at the shipping, along the wharves, where it originated, and always does originate. Fam-

ilies do not take yellow fever from yellow fever patients, brought to them several miles in the country, from the city, if they have not been exposed in any other way. To get any prevailing disease a man must go to the locality where that disease exists. None took the National Hotel Disease, but those who entered the building. In Boston, during one of the cholera years, only the inmates of a certain house, in a specified district, were attacked. It was ascertained that in a dark part of the cellar, there was an immense amount of kitchen garbage which had been in the course of daily deposition for many months. The lesson is, that when a disease prevails in a ward of the city, in a certain part of a village, or county, or district, there is a local cause for that disease, in a combination of vegetable matter, heat and moisture, and families should at once be removed, and measures taken to ascertain the source of the evil, and remedy it.

It is a fearful fact, that of each hundred English soldiers in India, ninety-four disappear from the ranks before the age of thirty-five, when from official statements, it is known that "the average standard of health for Europeans in India, would bear comparison with that existing any where else in the civilized world if the known sources of disease were dried up." It is admitted that in forty years, one hundred thousand men might have been saved, if "proper localities had been chosen for their dwellings." This shows that a rich man in retiring from business, should not be guided in the selection of a locality for building or purchase, as a residence by the "prospect," or facilities of getting to town. The determination should be made, according to the known laws of miasm.

The hospitals and barracks, in and near Bengal are now almost useless, having been erected in places utterly unfitted for the purpose, in a hygienic point of view, and yet the cost of their erection to the British government was the enormous sum of sixty-five millions of dollars! A very limited knowledge of the general laws of miasm would have prevented this shameful loss.

Miasm is of a nature so intangible, that no chemical analysis has ever been able to fix it, to take hold of it, to discern it; it is as viewless as the air itself. An atmosphere saturated with it, gives no more indication of its presence than the purest air

of the poles. We must therefore judge of its nature and laws, from its effects. The low shores of sluggish rivers, lakes, and ponds, and flat marshes, when exposed to a hot sun, are the great manufactories of deadly miasm. In the heat of the day, this miasm is created with great rapidity, but in the heat of the day it is innocuous, this seems a "mystery," but it is easily explained, when a little more is known. Heat rarefies the air which contains the miasm, so rapidly, that it rises instantaneously to the upper regions of the atmosphere, where it can not be breathed. But the cool of the evening condenses it, makes it heavy, causes it to fall to the surface of the earth, where it is breathed and becomes the cause of various diseases, sometimes of such malignity, as to resemble ailments produced by the most virulent poisons, as in the case of the National Hotel of Washington City three years ago. Hence it is, that in crossing the Pontine marshes near the city of Rome, the traveler is cautioned against spending the night there, as it is almost certain death.

Very recently a gentleman had occasion to pass that way, and contrary to the warnings of his friends in the city, he spent a night there, the hotel-keeper assuring him that there was no danger whatever to strangers; the result was, that he died of malignant fever in a few days.

Very recently a daughter of one of the best and wealthiest families in Brooklyn, having graduated with great honor, visited Rome, but unwittingly exposing herself to the deleterious miasms of the Campagna, "lured by the cool and balmy air of an autumn evening" to breathe its poison, she died. Miasm which is generated by heat, becomes deadly to man only when the atmosphere, by becoming cool, condenses it, makes it heavy and causes it to settle near the surface of the earth, where it is breathed, to remain there until the morning sun begins to warm it up again, rarefy it, and carry it above the breathing-point, and so attenuating it, that if it were breathed it would be comparatively harmless. But when the weather becomes so cool as to deposit the miasm in a layer of a few inches' thickness on the surface of the earth, and the heat of the atmosphere at the surface is under eighty degrees, epidemics cease; hence frost is said to "kill" yellow fever; this is not exactly so, for if a few warm days were experienced the disease would return, would again

become epidemic, warming the chilled miasm into life, and generating more of it. If then cold paralyzes miasm, and heat carries it rapidly above, where it can not be breathed, both cold and heat are its antagonisms, but to be perfectly efficient, cold and heat must be continuous, with this distinction cold only paralyzes, heat removes. Heat will disinfect a vessel, where disease is raging, and not a single new case will occur, even after the heat is removed, if the ship has been left perfectly dry inside, because the destructive agent has been carried out of the vessel, and has been scattered in the region of space above and beyond. Several tons of ice will also promptly cut short the disease, more instantaneously than heat, because it condenses the miasm which is thereby made heavier and settles within a few inches of the bottom of the vessel, but as soon as the ice is removed, the external temperature remaining the same, the miasm becomes rarefied, rises and revives the disease. These facts give rise to apparent contradictions, and which sometimes appear inexplicable. Heat generates malaria, and at the same time renders it innocuous, cold paralyzes malaria, and it becomes hurtless. Again it is thus seen, how a little heat, applied to chilled miasm, may restore to it its violence, while a little cold after heat, brings it down to the surface from above, and gives it its malignity. Hence, at sun-down of an autumn day, it becomes a little cold, and the miasm becomes malign; at midnight it is colder, and it becomes hurtless; at sunrise it becomes a little warmer, and the miasm rises from the earth, and covers it five or six feet deep, to be breathed and to destroy; by mid-day, the greater heat has carried it again beyond the hurtful point, thus the reader sees that there is no "mystery" in miasm, but that it is governed by laws as fixed as mountains of adamant. If a mill-pond is drained in the fall of the year when the days are hot and the nights cold, just leaving the bottom in a mortary condition, it would bring disease and death in a few days, if not in a few hours, to all who slept on its banks. No traveler dared to sleep at night on the flat damp Isthmus of Panama, in the early days of California travel. But if that mill-pond were flooded a foot or two deep in water, the disease would abate as soon as if there had been a severe frost, because miasm can not be generated and rise through two feet, or even one of water. That is the reason, why the "Swamp," in the rear of

New-Orleans is sometimes perfectly healthy, when the city proper is being wasted by disease, because the swamp is inundated by the spring rise of the Mississippi or by a steady hard wind from the Gulf towards the city, for several days, which we have known to raise the lake so as to flood the swamp, and nearly the entire city, nearly up to the old State-House on Baronne street, where our office was, leaving only a ridge of dry land between that and the river, some eight or ten blocks distant. Thus a very wet summer would keep the swamp flooded so deep as to prevent the generation of malaria; but if not locally wet, on the contrary dry, the Mississippi in its annual rise would do the same thing, as also a steady wind from the Gulf, and if about the time an "overflow" from either cause was subsiding, heavy rains should come, then a fall "blow," the swamps would be kept inundated until frost, and thus the whole city would have been healthier than was known to have been in the memory of the "oldest inhabitant." A very long and severe drought, with no "blows" from the Gulf and no overflows from the Mississippi would make the swamp so dry, that generation of malaria would be impossible. By failing to make these discriminations, it does appear to make no difference whether it is a hot or comparatively cool summer, whether wet or dry, but looking closely into the laws of miasm, order is brought out of confusion, and all things proceed in beautiful harmony.

Five families may dwell within half a mile of a drained mill-pond, upon the damp bottom of which an August or September sun beams with dog-day fierceness, and yet, by the known laws of miasm, only one family will suffer from it; the other four will be as well as usual. First. If a rapid river runs between the pond and the house, there will be no sickness at all. Second. If a thick growth of trees and bushes, only a few feet broad, interpose, there will be no sickness. Third. If the prevailing winds be from the house to the pond, there will be no sickness. Fourth. If the house be on a steep hill, there may be no sickness, because miasm does not cross a wide, rapid river; miasm does not pass a thick wall of vegetable growth; miasm can not travel against the wind; miasm can not ascend a steep high hill. There is no mystery in these varieties, and no complexity, because they all arise from simple, unvarying natural laws.

One year a house immediately on the bank of a mill-pond will suffer; the second year it will escape, because it is a very cold summer; the third year it will escape because it is a very hot summer; the fourth year it will escape, because it is a very wet summer. Why? The wet summer kept the bed of the pond covered over with water a foot or two deep, and miasm could not form. The hot summer made the bed of the pond dusty, and miasm could not form; the cold summer did not give a heat of eighty degrees, and miasm could not form. Here is variety, but uniformity; mysterious to the uninformed, but to the student and observer, it is as clear as the sunlight! Any man may sleep a whole night in the Pontine marshes with impunity, if he close his chamber, and hang ice in it, so as to reduce the temperature below eighty degrees, for then the miasm would be condensed to the surface of the floor; or if he have no ice at all, and keep a fire blazing on the hearth. If, however, he slept on the floor with the ice, he would breathe the miasm in its concentrated form, and suffer for it; in case of the fire protection, he should sleep on the floor, because the heat would carry the miasm to the ceiling. All these points were beautifully illustrated in the famous or infamous Hotel at Washington. The miasm was so deadly, that many intelligent persons asserted then, and believe yet, that it was the result of mineral poison. This miasm was generated from sewers opening into the cellar, and from privies on the ground-floor which were testified to have been so full, that when a person stepped on the floor, the compound beneath spouted up between the planks. On an official investigation it was shown that men, who came into the bar-room for an hour, suffered; a man who came fatigued after a day's travel, and ate a single meal on the lower floor, nearly died, while ladies who had lived in the house all winter wholly escaped. These, however, are but seeming "mysteries." It was winter. The miasm was generated about the ground-floor of the building, where it was comparatively cold, causing the deadly agency to remain condensed and concentrated where it was produced, and by the men who spent there most of their time it was breathed. The ladies occupied the upper rooms and kept their fires steadily burning, which rarefied any miasmatic air that made its way from below, and carried it at once to the ceilings of their re-

spective apartments, while the winter air in all its purity came directly from without, through window crevices, not only diluting the already rarefied miasmatic air, but driving it out by a current through the crevices at the tops of the inner doors especially.

Again. The stomach of a hungry man will drink in miasm with all the greediness of a famished wild beast, the whole blood will be poisoned in an hour, and the drowsiness or stupor of death will steal stealthily over the unconscious victim. Within a month, we met an intelligent young Roman patriot, who had spent many a day in hunting on the Pontine marshes; directing his attention to the subject, he said, that on some occasions, they were forced by laughter and yells, and uproarious songs, and pushing and slapping one another, to keep themselves from going to sleep; he said that to sleep was to die, almost as certainly as if yielded to among the snows of Mont Blanc or of Greenland. On one occasion having had nothing for some hours, to stay the stomach, the foundation for a tedious and serious illness was laid. One other brief lesson may be learned, one which merits annual publication in every paper in the land, and which ought to be kept in a gilded frame above the mantle of millions of dwellings.

As moderate coolness brings the miasm to the surface of the ground, say within its first five or ten feet, the morning and the evening, embracing the hour including sun-down and sun-up, in the fall of the year, are the most dangerous periods of exposure within the twenty-four hours; and yet the atmosphere is so delicious at those times, that to resist being out in it, and breathe it, is impossible but to the few. Hence, the remark has been made in our hearing in New-Orleans, that whenever the evening air seems for a few days to be most delicious, in epidemic seasons, it is taken for granted, that an increase of the disease will certainly follow. Here, the purer the air, the worse the disease! a seeming truth, and a seeming "mystery," but false and clear in the light of a sound information.

If then hunger, or an empty stomach, or, which is the same thing, a weak stomach, ravenously drinks in, as it were, the deadly poison, and the air is most charged with it at sun-down, and sunrise, it clearly follows, that in epidemic times, families should gather around a cheerful fire at sunrise and sunset, and

should fortify the stomach against the malignant miasm, before they go out in the morning, with a good breakfast, and at sundown strengthen it with a cracker and a cup of weak tea against the effect of the fatigues of the labors of the day just closing. Families who will conduct themselves in accordance with the principles laid down, can procure a happy exemption from autumnal and epidemic diseases. To do so, however, requires an amount of intelligence, self-denial, and moral courage possessed by the few, but we are not without hope that the knowledge of these things will gradually spread among whole communities, who acting from conviction and principle as to the daily conduct of life, will add a score of years to the average age of men.

NIGHT AIR.

"AN extraordinary fallacy is the dread of night air. What air can we breathe at night but night air? The choice is between pure night air from without, and foul night air from within. Most prefer the latter. An unaccountable choice. What will they say, if it is proved to be true that fully one half of all the disease we suffer from is occasioned by people sleeping with their windows shut? An open window most nights in the year can never hurt any one. This is not to say that light is not necessary for recovery. In great cities, night air is often the best and purest air to be had in the twenty-four hours. I could better understand shutting the windows in towns, during the day, than during the night, for the sake of the sick. The absence of smoke, the quiet, all tend to make night the best time for airing the patient. One of our highest medical authorities on consumption and climate, has told me that the air in London is never so good as after ten o'clock at night. Always air your room, then, from the outside air, if possible. Windows are made to open, doors are made to shut—the truth which seems extremely difficult of apprehension. Every room must be aired from without—every passage from within."

Many a man will wake up on the other side of the "Styx" and as soon as he rubs his eyes a little, will exclaim, that angel

of a woman, Florence Nightingale, has killed me. We protest against any body making publications on human health, except educated physicians, and we counsel those of our readers who wish to be on the safe side, to give a wide berth to all rules and regulations and suggestions and dicta about the preservation of health and the cure of diseases, unless they bear the name of some medical man of eminence, or of some medical publication of acknowledged authority. Miss Nightingale is a professional nurse, a woman of superior powers of observation, comparison and reflection, and has written a most admirable book on "Nursing," but not having had a previous education in the great general principles of anatomy, physiology and hygiene, she has, in the extract which heads this article, left an impression on the mind of the general reader, which is at once confused, erroneous and of vital importance. There is important truth running through the whole of it, but for want of discrimination and definiteness it may be productive of more injury than good. We are in the habit of saying to consumptive persons, "Any air is better for you, than in-door air;" but then we add the proviso that the hours, including sunrise and sunset, should either be spent in the house or should, if they choose to go out of doors, find the stomach fortified with breakfast or supper, for the reason that in warm weather in all flat, luxuriant localities a deadly air, called miasm, which is an emanation from the decomposition of vegetable matter, where there is warmth and moisture, hovers over the surface of the earth, within its first ten feet, and if this air is breathed into the lungs, especially when the stomach is empty, disease, more or less speedy, and more or less intense, will be inevitably excited, from a slight intermittent, to continue for days, weeks or months, to a malignant, or putrid, or ship fever to cause death in a few hours. On the general principle that a heat of eighty degrees and upwards, rarefies miasm, and carries it beyond our reach, while a temperature under eighty of Fahrenheit, brings it to the surface, where it is breathed, and its poison introduced into the system, a few practical rules may be deduced, which are of almost universal application and are of incalculable importance.

First. In cold weather, out-door air, day or night, is purer than any within doors possibly can be.

Second. In warm weather, the air including the hour of sun-

rise and sunset is pernicious to all, sick or well—especially to the young, the old and the feeble.

Third. In warm weather, especially in the fall of the year, when fall sicknesses prevail, persons who sleep on the ground-floor should keep all outer doors and windows shut, and inner ones open.

Fourth. In cities as well as in the country, those who sleep in the second or upper stories may safely open their windows at bed-time, for by that time the miasm has been carried by the cold to the surface of the earth; but summer and winter, the doors of upper chambers, opening into the halls should be closed, so as to keep out all bad airs from below, whether the miasm arising from decaying vegetables, or the malaria, the “mal,” the “bad” air from kitchens, dining-rooms, cellars and the like.

Upper rooms may be safely aired during any portion of the twenty-four hours, and should be aired from without. Lower rooms should be aired in the heat of the day, and closed while slept in at night, only opening the inner doors.

The “extraordinary fallacy” is in the fair lady herself, conveyed in the two inquiries at the commencement of the article. The air breathed in a lower chamber, with doors and windows closed early in the evening, is not the night air, it is the day air, only mixed with night air, miasm coming through small crevices, and so rapidly rarefied by the greater warmth of the room, of some ten degrees perhaps, that it becomes in a measure innocuous. The choice is not between pure night air from without, and foul night air from within, it is between concentrated cool miasm from without, and a warm day air with comparatively little miasm from within. It is incomparably better to sleep in poor warm indoor air, than in an outdoor air which is saturated with miasm. Besides, we have met with a number of persons, men and women, who never failed to be injured, to be made more or less ill the very next day by sleeping with open windows winter or summer, however well protected from draughts; so that, however good the general rule, to have a window or door open in a chamber for sleeping, persons who find by actual observation that it is injurious to them, should not persist in fighting against the peculiarity of their system, against their “Idiosyncrasy.” Upon the whole, we think, that ladies gene-

rally had better get good husbands, make babies, happify homes, and let prosing, poetizing, and lecturing alone, for a woman is most of a queen and nearest an angel at the head of a well-ordered family of children, servants, husband, and friends.

L A G E R B E E R ,

THAT is, "strong" beer is different from other kinds, because it remains longer in a state of fermentation, and just like cider, the longer it stands, the "harder," the stronger, the more alcoholic does it become, the less of it will make a man drunk. Many chemical analyses of lager beer demonstrated that it had "less nutriment and more alcohol than any beer or ale." It has not five per cent of malt, in which lies all the tonic and nutrient qualities. Hence, admitting that beer and ale give any durable nourishment and strength, more lager must be drunk to give a specified amount of tone and vigor, with a great deal more alcohol, than of any other malt liquor. Chemists and certain accommodating doctors have sworn in open court that they believed that a man could not drink lager beer enough to make him drunk, and the impression is sought to be made that it is milder, less hurtful, and more health-giving than other malt drinks, but the truth is, that more alcohol and less nutriment are obtained from lager than from any other beer; hence its habitual use must more certainly impart a taste, a demand, an insatiable craving for strong drink; hence its habitual use is a step towards habitual drunkenness.

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(New-York, \$1 a year.)

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Blackwood's Magazine, and British Reviews. L. Scott & Co., 54 Gold st., New-York, continue to publish the following leading British Periodicals: 1. London Quarterly, *Conservative*; 2. Edinburgh Review, *Whig*; 3. North British Review, *Free Church*; 4. Westminster Review, *Liberal*; 5. Blackwood's Magazine, *Tory*; presenting the three great political parties of Great Britain, Whig, Tory, and Radical. But politics form only one feature of their character; as organs of the most profound writers on science, literature, morality, and religion, they stand, as they ever have stood, unrivaled in the world of letters, indispensable to the scholar and the professional man, while to intelligent readers of every class, they furnish a more correct and satisfactory record of the current literature of the day, throughout the world, than can be possibly obtained from any other source, and at a cost extraordinarily small—of ten dollars a year for the five; three dollars each, singly. Any subscriber sending us a check for ten dollars, payable to the order of Leonard Scott & Co., will receive for one year the five publications above named, and Hall's JOURNAL OF HEALTH from January last. In cities and large towns, *Blackwood* and the Reviews are delivered free of postage; elsewhere, *Blackwood* is twenty-four cents a year, each Review, fourteen cents.

The *British and Foreign Medico-Chirurgical Review*; or, Quarterly Journal of Practical Medicine and Surgery. Republished by S. S. & W. Wood, 339 Broadway, New-York, at \$3 a year, in advance; free of postage, is in its twenty-fifth volume, and is now, as it always has been, a standard and sterling medical quarterly, which every educated physician ought to patronize.

Boston Medical and Surgical Journal, \$3 a year, is a monthly in its sixty-second volume; is edited with industry and ability, and is widely patronized.

The *Christian Review*. E. G. Robinson, editor. Published at \$3 a year, by Sheldon & Co., 115 Nassau street, New-York. Is one of the ablest quarterlies in the Protestant Church, and a credit to the Baptist Church, of whose doctrine and polity it is the exponent; its reviews of new publications are always written discriminately, conscientiously, and after a full examination; a line of conduct which, as is to be regretted, too many so-called reviews fail to follow, to the deception and injury of their patrons.

The same enterprising publishers issue monthly, at \$1 a year, the *Mother's Journal*, edited by that excellent woman, Mrs. Caroline O. Hiscox. We wish it could be, as it well deserves, a family visitant to multitudes of homes.

The *Home Monthly*. Buffalo, N. Y.; \$1.50 a year, edited by Mrs. Arey and Gildersleeve; has the very suggestive motto: "There is a power behind the school-room and the church." It is judiciously edited, and its selections are always good.

The *Happy Home*. Boston, monthly, \$2 a year, C. Stone & Co. Is largely drawn upon by the press, a substantial evidence of its value.

The *Ladies' Home Magazine*. By T. S. Arthur & Co., 323 Walnut street, Philadelphia, Pa., \$2 a year, with the editorial aid of Virginia F. Townsend. Will profit and instruct and refine and elevate any family which secures it monthly.

Godey's Lady's Book, \$3 a year, Philadelphia. This is The Pictorial Monthly. The most elegant in the Union, and distances all competition. Now in its sixtieth volume. Its practical value has been increased of late by the contributions of Dr. J. S. Wilson, of Georgia, to the Health Department.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

OCTOBER, 1860.

[No. 10.

OUR BOYS.

WHAT shall we make of them? What will become of them? These are practical questions, and made every day with serious solicitude by intelligent and thoughtful parents. The rich and the poor have a like ambition to put their sons in good places; they take more pains to select places which will honor their sons, than to make their sons capable of honoring places. The inquiry should be not for a place large enough for a son, but how to prepare a son to fill a place with profit to those who may call him to it, and with credit to himself.

An ancient and honored family-name in this city has been ineffaceably tarnished lately, by using family influence to get one of its members into a place of very high trust and responsibility; an office for which he was so utterly incompetent, that its accounts have fallen into inextricable confusion, while he himself, charged with a degrading crime, has been led in chains to a felon's cell, in a state of bodily health which melts the hardest heart with pity, while his venerable mother is made to weep tears of blood over the sad misfortunes of the child of her heart.

Inquire then what your child is fit for, rather than what will fit him; the Presidency of the Republic is fit for him, but he may not be fit for it; it may receive him, but he may not be able to fill it with ability and honor. That office is fit for any man, the greatest and the best, but your son might not be fit for it: to occupy it and fill it, to discharge its duties with fidelity. You must seek a place adapted to your son's capabilities, for you may not adapt his capabilities to a place. Seek a place for him which he will honor by elevating it, and making

it the more influential; but do not seek to put him in a position which is to honor him. You are a rich man. It is neither safe nor respectable nor wise to bring any youth to manhood without a calling, without an occupation by which he could maintain himself in case he should lose his fortune. In looking around for such a calling, instead of making the inquiry what you would like him to become, seek rather to know what occupation is suited to his capacities—what calling his abilities can fill. You might well like him to become an eminent lawyer, but has he that plodding and that tenacity of purpose, which will enable him to investigate and compare and deduce with unerring accuracy for forty years, before he can be fairly able to commence practice? You might like for him to become a physician, but has he the self-denial to cut off the flesh from dead mens' bones, to live in the charnel-house for long years together; and then have the patience to wait for practice for other long years; and the self-sacrifice to go at every call, of prince or pauper, in the midnights of December, or the fierce suns of July, in rain or storm or sleet or snow? will he do this until forty years of age for a bare subsistence, before he can make patients come to him instead of he going to them?

Perhaps your heart burns to make him a minister, and in rapt imagination peering beyond the shores of time, you see him like some tall archangel leading along his vast battalions to the great white throne, saying, "Here am I, the instrumentality Thou hast made, of bringing these immortals here," and then loud peans come from serapic legions in glad reply, "Welcome, brother, Home!" No greater glory than this is there in earth or heaven for any created intelligence. But for such an office, it becomes a man that he have a range of learning beyond that of other men; has your son made the acquisition? He must have an abiding feeling that he is less than the least of all who love the Master, and must have the capacity to become all things to all men. Has he these humilities, and these versatilities? He must be silent when he is scorned; he must not return a stroke, nor answer to a taunt; when curses come he must bless; when sinned against he must forgive; has he the moral courage to meet these debasements, and yet above them all to stand and feel that he is second to no living man; that he is an ambassador from the court of the King of kings? Has he the breadth of

intellect to compass all learnings? the humility of heart to feel abidingly before his Maker that he is but a worm, and yet the grandeur of soul in the light of the Lamb to feel, "I heir the universe by right of birth!"

Instead then of determining what you would like your son to be, seek to ascertain what he is capable of being; what he is certainly competent for. In short, seek not for your child the post he can get, but the post he can fill; for it is better to be an honor to the hod than a disgrace to the crown—better be an accomplished mechanic than a contemptible king!

MANUAL LABOR SCHOOLS.

THESE were the rage a quarter of a century ago, but one by one they gradually died out; and at this time there is perhaps not a single one in existence. It is very certain, however, that they may be successfully conducted to the end of placing a young man on the stage of life in health of body, thoroughly educated, and with a mind independent and self-reliant; qualities, by the way, which are inseparable from any high character. Mr. Rose, of New-York, lately bequeathed three hundred thousand dollars for the purchase of a farm on which to place destitute children, on the condition that an equal amount should be contributed by other parties. The Hon. Charles Cook, of Havannah, Schuyler Co., New-York, offers this contribution, provided the farm is located at that place where there is a "PEOPLE'S COLLEGE" established, to which, by the munificence of this last-named gentleman, a farm is already attached, and shops are to be erected in which the students can work a few hours every day, the profits of their labor being placed to their credit.

The best and truest benevolence is to put a man in the way of helping himself; this gives him self-reliance: relieves him of the degradation of dependence, and makes him at once feel that he is a man—the highest aid and the best guarantee that he will act like a man. The very moment a youth becomes the recipient of a gratuity, the very first time the fact breaks in upon him that he has asked and received from one upon whom he has no

claims, that he is a beggar, the *prestige* of manliness is gone, and he is ruined for life, as for all great purposes.

It is earnestly hoped that the "PEOPLE'S COLLEGE," at Havannah, will be a success, and that it will be the honored pioneer of a similar establishment in every State in the Confederacy. Some of the principles by which such institutions should be conducted, are as follows: They should be arranged so that a proficiency in scholarship, agriculture, and the more remunerative mechanical arts should be attainable, so that any young man may secure a collegiate education or become a proficient in farming or in some handicraft by which he may sustain himself when he goes out into the world to hew his way to fame or fortune.

A liberal price should be paid for the time spent in work, or for the job done. Such a price only as the article would command elsewhere. It is a great injury done to the receiver to pay him more for a thing than it is worth; it does an injury to society; there should be a just *quid pro quo*, no more, no less.

The morning should be devoted to study, the afternoon to labor, the night to sleep, to all that the body will receive. The brain will always work best in the morning; it is then most vigorous; works with greater ease and to better purpose; then bodily labor will be a recreation, a relief, a renovation. If the first part of the day is devoted to labor, the mind always will take up study with diminished alacrity.

The work and the study should be performed mainly in the same clothing; changing the garments loses time, and imposes a daily liability to taking cold, and endangers the health.

All should be required to be ready for study at sunrise throughout the year; to take breakfast at seven, dinner at one, and to retire uniformly at nine, winter and summer. The nights of winter should be devoted to lectures and questionings on physiology and hygiene, with other subjects which do not involve the special employment of the eyesight by artificial light. We have known Southern slaves to purchase themselves in a few years, by laboring at odd hours and Saturday afternoons, on a piece of land or in some mechanical calling at which they were adepts; and certainly young men could, with the work of half of each day in the year, pay all their expenses and leave the institution, owing no man any thing, and have several

hundred dollars to start with—money of their own honest earnings—and be assured that, with such a start in life, the chances that such a young man would be heard of, sooner or later, in a sense honorable to himself and useful to society, is largely greater than if he had been left a fortune.

SMALL POX.

FROM a very wide field of observations diligently made and carefully collated, European statisticians have arrived at the following conclusions :

Of one hundred persons vaccinated, and who subsequently take the small pox, six die ; while of one hundred unvaccinated, who take the disease, six times that many die, or thirty-six out of every hundred ; in other words, the vaccinated man, if he does take the small pox, has six chances of getting well, while the unvaccinated has only one.

Infantile vaccination has of late years become less efficient than formerly, not that there is less protecting power in vaccination, but because it is done too negligently, or because there has been remissness in procuring good vaccine matter from healthy sources ; and it may be that the vaccine matter has deteriorated since its introduction by the immortal Jenner, three quarters of a century ago ; therefore, one of two courses should be followed, either have the child re-vaccinated at the age of ten years by a careful physician, who would take the utmost pains to obtain good matter, or have a cow innoculated with the matter of small pox from a man ; then, that which the cow produces will be fresh, pure, and powerful ; this would give a new and unadulterated article, sufficient for a whole country for half a century to come.

The Prussian, more than any government in existence, practices vaccination, and every soldier is re-vaccinated on entering the army, which numbers several scores of thousands, the result being, that during 1859, there were only two deaths from small pox. Out of one hundred persons vaccinated in infancy, seventy "take" when re-vaccinated on entering the Prussian army. Varioloid is when small pox is taken after vaccination

NERVOUSNESS.

It is certainly satisfactory to know that there are persons in different parts of the country who have sent for the various publications of the Editor, and who make it a work of love to their kind to distribute them among their neighbors, and give them to strangers, as a means of leading them to health. A wealthy Carolina planter, who claims to have "one of the best wives in the world," writes: "I loaned 'Consumption' to a traveller who was threatened with it; and 'Health and Disease' to a minister, and the six bound volumes of the JOURNAL OF HEALTH have gone on errands of doing good." He applied to us for medical advice some time ago. He was full of the fidgets; was a bundle of nerves, every one of which had some complaint to make every now and then; at another time they would all squall out together, then he would literally faint away; at other times he felt an insupportable "goneness" at the stomach, and often wished it had "gone," for there was such an incessant "gnawing" especially before dinner, that he felt as if he must eat something or die. We sent him some medicine and advised him to die, or at least to make the experiment to see whether it would kill him or not, rather than be such a slave to his "belly." At an interval of some months he sends us—not our fee, that we always take before we give advice, for then we know that we are paid, and work cheerfully and hopefully. We medicate by the month, not by the job, because we want to make our patients spry and improve their time, and not hang on our hands indefinitely and run up long bills against themselves. If they don't begin to get decidedly better within a month, it is a "sign" that they would do well to go elsewhere. As we were saying, our quondam patient writes that he has not had as good health in seven years, and that he attributes it entirely to our advice. Some body began to sniff a mice just then; "entirely to your advice!" He took every thing—but our pills. We thought of publishing the letter until we came to that part of it inquiring, "Will they keep good until next summer?" This is "July 30, '60," and the pills were sent last April! If he had only left out that part of it, what a good "certificate" we would have had!

There are, however, several valuable lessons to be drawn by our readers from this narration. **FIRST:** Serious ailments may be cured without physic. **SECOND:** Yielding to the gnawings of the stomach before meal-times is generally a means of fixing the dyspepsia. **THIRD:** A judicious system of dieting, that is, eating plain, nourishing food at regular times and in moderate amounts, is sometimes happily efficacious in removing that "nervousness," or "nervous irritability," which not only makes the life of the dyspeptic or the bilious wretched, but makes the members of their families more or less so. The subject certainly merits the consideration of nervous persons.

Nervousness and dyspepsia may be and are generally cured without starvation or medicine; in fact, they are often aggravated thereby. Dieting, starving, is good in its place, but it has been unwisely practiced in many cases, and life has paid the forfeit. Exercise suitably conducted is an important means of invigoration; but taken injudiciously, it kills rather than cures. But how to order the exercise and how to appoint the food in quantity, quality, and frequency, when to give medicine and when to withhold it, to the surest benefit and highest safety of the suffering, requires the learning, the experience, the observation, and the comparison of a lifetime. Yet millions daily give and take medical advice from one single experience or observation, and multitudes daily die in consequence.

L I F E ' S M A X I M S .

NEAR by the little cottage on the banks of the Hudson, among the dozen dead from the burning of the "Henry Clay," there was one form which attracted attention above all others; it was that of a tall, old man, who had already lived beyond his three-score and ten; there was in his features a dignity in death, which showed without information, that he had been a man of mark in his day. On opening his pocket-book there was written the honored name of

STEPHEN ALLEN,

and among the papers, there was found a printed scrap, dingy and soiled, almost worn out with the frequent foldings and un-

foldings, showing very clearly that it had been perused often and long for counsel and guidance; its principles and its precepts embody the secret of a long life; of a healthful, useful, and honorable old age. We lived near by at the time, and the whole scene has left a life-long impression. The paper was entitled :

THE MAXIMS OF LIFE;

OR, HOW TO BE HAPPY.

Keep good company or none.

Never be idle.

If your hands can not be usefully employed, attend to the cultivation of your mind.

Live up to your engagements.

Keep your own secrets, if you have any.

When you speak to a person, look him in the face.

Good character is above all things else.

Your character can not be essentially injured except by your own acts.

If any one speaks evil of you, let your life be such that none will believe him.

Drink no kind of intoxicating liquors.

Ever live (misfortunes excepted) within your income.

When you retire to bed, think over what you have been doing during the day.

Make no haste to be rich, if you would prosper.

Small and steady gains give competency, with tranquillity of mind.

Never play at any game of chance.

Avoid temptation, through fear you may not withstand it.

Earn money before you spend it.

Never run into debt, unless you see a way to get out again.

Never borrow, if you can possibly avoid it.

Never speak evil of any one.

Be just before you are generous.

Keep yourself innocent, if you would be happy.

Save when you are young, to spend when you are old.

SNAPPING UP.

MAD-DOGS and turtles are not the only snapping animals in the world. It is to be feared that most families are afflicted with one or more "snappers," who are wont to exercise their spitfire propensities especially at the table or around the family fireside. Addressing herself to her mother, Mary, with her eyes full of twinkle and fun, says: "I took a walk at ten o'clock this morning, and—" here John broke in. Now John was just at that age when a youth knows every thing under the sun, and more too; he never makes a mistake, is always positive that every thing he does, says or thinks, is just exactly so, and could not possibly be any other way. "Why, sister! how could you say it was ten o'clock? it was quarter-past ten at least!" One sample is enough. Every one of observation can, of his own knowledge, multiply cases indefinitely.

This unseemly habit is sometimes observed in families whose position and opportunities of association would lead to the supposition that every thing vulgar and uncourteous would be instinctively shunned. The person criticised, not having sense enough to pass over the boorishness, begins a defense: and before one is aware of it, the whole table or circle is silenced, and find themselves in the awkward position of listeners to a series of angry contradictions about a matter of no possible consequence to any one of the whole company in one sense, but of importance in another, as there is a certain disagreeableness about it which all feel more or less. What if a thing happened a minute or a month later or sooner? it is the general statement to which attention is directed. Contradictions and criticisms and corrections in general company are clownish; they are clear proof that, in almost every case, the person who assumes such an ungracious office is a boor of the first water, and is essentially deficient in that refinement and delicacy, which are inseparable from a cultivated mind and a taste for all that is beautiful, elegant and refined. A whole evening's enjoyment has been frequently marred, and all the company have gone home with a kind of blight upon the sensibilities, in consequence of a jar caused by the impertinent contradiction or correction of some unimportant fact in a narration. And as human health is pro-

moted by a series of agreeable sensations, whatever interrupts that series in a single instance or for a single moment, is a legitimate object of demolition on the part of a JOURNAL OF HEALTH.

WARMING HOUSES.

IN cheerful comfort there is nothing equal to a blazing wood-fire, on a commodious hearth. The very thought of it carries us backwards to days of unbridled gladness and joyous youth and genial sunshine. For purity of atmosphere and consequent healthfulness, there can be no superior to the old-fashioned fire-place, "and-irons," back-logs and fore-sticks, with the broad bed of flaming red coals!

Next to the wood fire-place, is the "Low-down grate," of recent introduction, suitable for burning every kind of fuel; wood, soft coal, anthracite, red ash, bituminous, Liverpool, Cannel, any thing. It is in reality a "fire-place;" the fuel is placed flat on the hearth, on a level with the floor, the jambs are broad and flaring, there is but little use for a poker or "blower," and hence no dust. The ashes fall through a grating into a receptacle which may be emptied daily, or are conveyed through an iron pipe into a close brick chamber in the cellar, to be removed once a year. By this contrivance the feet are easily warmed, and are kept so; there is no danger of the coals falling on the floor or carpet, and the fire is made to burn more or less fiercely as easily as in an air-tight stove. This is written after a winter's trial. At an expense of less than three tons of coal, or two hundred and forty bushels, the thermometer on the wall opposite to the fire-place, in a room two hundred and fifty feet square and twelve high, was kept at sixty-five degrees when the mercury was in the neighborhood of zero without, the heat being derived from a broad bed of glowing coals over two feet long. These coals being on a level with the floor, keep the feet delightfully warm. The air for combustion is obtained from the cellar or the street; hence the atmosphere of the room is simply pure air warmed, and has the genial heat of a wood-fire; hence, also, there is none of the feeling of heaviness,

sultriness, and oppression which is instantly experienced on entering a furnace or stove-heated apartment. We certainly feel that the perfection of house-warming in our country at present is to have a low-down grate in each sitting apartment, while the extra heat is economized, to be thrown into chambers, sufficient to take off the chilliness or dampness when retiring or rising in the coldest weather. If families are so constituted that there must be additional heat, at least in cases of sickness, or company, or extra severe weather, when it may be desirable to modify the atmosphere of the halls between the temperature of out-doors and that of the sitting-rooms, Bartlett's Portable Furnace answers the purpose most admirably, which, by being placed in the lower hall, and being so contrived that the warm air given out can not come in contact with red-hot iron, supplies an atmosphere for breathing which is pure and exhilarating. Such was our practice last winter, the fire being kindled in the portable furnace in the lower hall only for seven days during the whole season, and these were, not at times when the weather was the coldest, because then the air was purest, driest, and most bracing, but for the days coming after the coldest ones, when there was an ugly damp chilliness in the air, which, by abstracting the heat rapidly from the body, produced a stronger impression of coldness than when the weather was twenty degrees colder, but still and dry, for it is not in the very coldest weather, when zero is hugged by the mercury, that "colds" are so much taken, but when the air is raw from being saturated with dampness. It is in thawy weather that furnaces should be heated up, if ever. By this arrangement there was scarcely a cold in the family, varying in age from five to seventy-five, during the whole winter.

Next to a wood-fire or a low-down grate for coal, preference should be given to the method of warming houses by the "Radiator." This is the latest novelty, and is the best; its expensiveness in the first construction is perhaps the only drawback worth consideration. The fire is built in the cellar, and it is so contrived that the heat is given out in any hall or room by means of *large surfaces*, which never can become red-hot nor any thing like it, nor, indeed, is it ever necessary, even in the very coldest weather. We know at present of no pattern of furnaces but may be heated to redness by the negligence of ser

vants, and which fail to keep a large house comfortably warm in very cold weather, even if they are red-hot, and this is the fatal objection to furnace heat ; the surface heated is so small, that where there is great cold, red heat is a necessity, in order to give sufficient warmth ; but in case of the "Radiator," the surface is so large, that it gives out an immense amount of heat to an apartment when it is itself moderately heated. It costs about a thousand dollars to introduce the "Radiator" into a common-sized dwelling, and it must consume an amount of coal equal to the common furnace, but it gives a genial and pure warmth—no dust, no explosions, no leakages. It may be "comfortable" to have a whole house heated ; but in whatever way it is done in this country, except in the ways we have recommended, it is done to the injury of house, furniture, and health of the families exposed to the pernicious influences of foul gases, oppressive fumes, and an innutritious atmosphere. Incomparably better would it be to use the low-down grate altogether, with the portable furnace for the hall, only to be fired in cold, damp, raw weather, or when the thermometer is about zero for several days together. The several sizes of the low-down grate are furnished and slipped into the ordinary fire-place at a cost of from thirty to fifty dollars each.

CHILDREN'S EATING.

SOME parents compel their children to eat against their will, as when they come to the breakfast-table without an appetite, or have lost it in prospect of a visit, or ride, or of going abroad, or for the sake of "eating their plates clean," in discouragement of wasteful habits. Certainly, a child ought to have the privilege of a pig, that of eating only when it is hungry. Unless we are thirsty, we can not drink the purest spring water without a feeling of aversion ; and as for eating when there is no appetite, it is revolting ; as any one may prove to himself by attempting to take a second meal in twenty minutes after having eaten a regular dinner. The complicated machinery of man, like that of the steam-engine which is in incessant motion,

is wearing away every second of his existence. The engine wears out eventually, and a new one has to be constructed; but the machinery of the human body was made by an omnipotent Architect; made to last for ages; made to make its own repairs, to supply its own wastes, so that while it is wearing itself out, it is at the same time regenerating and renewing itself. When the human system is not interfered with, its supply is always equal to its waste: regulated by an unerring instinct—that instinct is called “appetite”—which is greater or less, according to the previous waste; that waste is always in proportion to the exercise which has been taken, as the wear of any machinery is in proportion to its running. Every man knows for himself, that if he walks ten miles he becomes hungry; if fifteen, he is more so. But what makes hunger, and what regulates it to more or less? The wastes of the system set in motion certain processes by which a fluid is prepared, called the gastric juice, and it is so arranged by Divinity, that a certain amount of waste occasions a certain amount of gastric juice; their proportion is exact and uniform; for nature makes no mistakes, does nothing in vain; she makes no more gastric juice than will digest food enough to make up for the waste and want of the body. The appetite, the hunger is excited by the presence of the gastric juice about the stomach; but if there is no gastric juice there can be no hunger, no appetite, and to compel a child to swallow food into the stomach when there is no gastric juice there to receive it, is an absurdity and a cruelty, because, there being no gastric juice there to receive and take care of it, it is rejected by vomiting, or remains there for hours like a “load,” or “weight,” or “ball,” or “heaviness,” or else to ferment, causing “oppression,” “wind,” “acidity,” or general discomfort, sometimes for half a night! Similar results take place in old and young, when more food has been taken than there is gastric juice to manage properly; hence, the more than folly of “forcing” food, of eating to “make it even,” or taking a single swallow beyond the actual calling of the appetite, expressed in the familiar term, “over-eating,” of which too many are conscious, almost every day of their existence. It ought to bring the blush of shame to every cheek, the twinge of penitence to every conscience, because it is a violence offered to the body, a shock imparted to the system, which never fails

of more or less derangement, and not unfrequently arrests the machinery of life, to run no more forever ! as in an attack of cramp-colic, or deadly diarrhea, (cholera,) at midnight, as a consequence of a late over-hearty meal, or the still more terrible apoplexy, which hurries from life to the judgment without the opportunity of a moment's consciousness, or of the final farewell to the loved ones left behind.

M I L K .

It was a sight which brought with it pleasant memories when standing at the Spring Garden entrance of St. James's Park, London, within a few rods of the palace of her gracious Majesty Victoria the First—long live the same!—we have contemplated a multitude of nurses with children of every age, size, and sex, gathered around a magnificent cow, the cup of each child sent up in its turn to catch the luscious fluid as it flowed all fresh and sweet and pure and rich from its natural fountain, to be transferred in a trice to expectant lips, which would fairly smack with delight and in another instant ask for "more!" This is the method which cousin John Bull, sturdy and practical as he is, adopts to secure to his little calves the real, original, identical juice of the—cow. We do not by any means pretend to emulate him in all things, although in some we do excell ; in brag and fight, for example ! But New-Yorkers can do better. On a great emergency, warm milk is passable, say when you have not had any thing to eat or drink for a week ; but to have it from a sparkling, clear goblet, creamy, pure, and cool as the water which drops from the

" Moss-covered bucket that hangs in the well,"

is certainly worth going a little out of the way for. Such a pleasure we will guarantee any dear lover of milk, who will choose to call at 246 Tenth street, a very few doors east of Broadway, where it is delivered from real farm-house cows, having been drawn a few hours before, and brought in by the Erie cars, in double-quick time. We make a proposition to the

sweetest "seventeen" within a hundred miles of Gotham, to get up a fairy little office on Broadway, and vend this milk in penny glasses for children, and half-dimes for older people. What a delicious draught it would be for invalids and feeble persons, for children going to or returning from school, and how infinitely preferable to soda-water and root-beer, to gin sling, brandy toddy, sangaree or lager. Is there no enterprising Barnum to work up this suggestion into practical operation, to bless all Gothamite juvenility, and give health and nutriment and vigor to the sad sons and daughters of sickness and suffering? Why might it not—why should it not succeed?

REARING CHILDREN.

1. CHILDREN should not go to school until six years old.
2. Should not learn at home during that time more than the alphabet, religious teachings excepted.
3. Should be fed with plain substantial food, at regular intervals of not less than four hours.
4. Should not be allowed to eat any thing within two hours of bed-time.
5. Should have nothing for supper but a single cup of warm drink, such as very weak tea of some kind, or cambric tea or warm milk and water, with one slice of cold bread and butter—nothing else.
6. Should sleep in separate beds, on hair-mattresses, without caps, feet first well warmed by the fire or rubbed with the hands until perfectly dry; extra covering on the lower limbs, but little on the body.
7. Should be compelled to be out of doors for the greater part of daylight, from after breakfast until half an hour before sun-down, unless in damp, raw weather, when they should not be allowed to go outside the door.
8. Never limit a healthy child as to sleeping or eating, except at supper; but compel regularity as to both; it is of great importance.
9. Never compel a child to sit still, nor interfere with its en-

joyment, as long as it is not actually injurious to person or property, or against good morals.

10. Never threaten a child: it is cruel, unjust and dangerous. What you have to do, do it, and be done with it.

11. Never speak harshly or angrily, but mildly, kindly, and, when really needed, firmly—no more.

12. By all means arrange it so that the last words between you and your children at bed-time, especially the younger ones, shall be words of unmixed lovingness and affection.

OVER-EATING

THE great President Edwards acknowledged that almost every day of his life he had a battle and a defeat; the determination before going to his dinner that he would not eat beyond measure, and the confession after, that he had exceeded the limits of temperance and moderation. A venerated name, Amos Lawrence, was a greater coward, but a wiser man; for the latter years of his life he did not dare to go to the table, but had sent to his private room only as much as was proper for him. Many a man might add a score of years to his lifetime by rigidly pursuing such a practice while at home.

Few persons, perhaps, "over-eat" deliberately; it is generally done in haste, in inattention, miscalculation or inadvertence; but the consequences are the same, that is, an unmixed harm to the whole organization; the injury manifests itself in a great number of ways, according however to various laws, these effects lasting from one to a dozen hours, in every variety of intensity, from simple discomfort to actual torture. At first, there is general irritability or fretfulness for a short time after meals, eventually extending from one meal to another, until the whole existence is a growl or a groan, according to the active or passive nature of the culprit victim, who has not only blotted out his own life for all humane or noble purposes, but casts a blur and a blight over the existence of all those whose unhappy lot it has been to be placed under the same roof and to be seated at the same table. There are two ways of preventing and of curing these deplorable conditions, the manly and the

mean; the manly, by going to the table twice a day, and nobly curbing the beastly appetite, saying: "I will eat this and so much, and no more by a single atom!" The mean or ignoble, by having "this and so much, and not an atom more" sent to a private table; the "this and so much," the quality and quantity, having been determined by the observed instincts and needs of the system; each man being a rule for himself, under the guidance of a wise physician, or of an unerring and competent judgment of his own. The failure of the cure of dyspepsia in countless instances has arisen from two causes. First, relying too much on medicine. Second, making another the rule for himself; when no two persons ever were alike in all conditions, therefore the same result could never take place in any two cases. In the successful treatment of dyspeptic disease, each man must be a rule to himself, adapting every thing to his individual needs, tastes, instincts, inclinations, temperament, station and habit of life. These suggestions are made to all who have force of character; to such their adoption in appropriate cases would be productive of the most happy results.

A P P L E S .

THERE is scarcely an article of vegetable food more widely useful and more universally loved than the apple. Why every farmer in the nation has not an apple-orchard where the trees will grow at all, is one of the mysteries. Let every family lay in from two to ten or more barrels, and it will be to them the most economical investment in the whole range of culinaries. A raw mellow apple is digested in an hour and a half; while boiled cabbage requires five hours. The most healthful desert which can be placed on the table, is a baked apple. If taken freely at breakfast with coarse bread and butter, without meat or flesh of any kind, it has an admirable effect on the general system, often removing constipation, correcting acidities, and cooling off febrile conditions, more effectually than the most approved medicines. If families could be induced to substitute the apple, sound, ripe, and luscious, for the pies, cakes, candies, and other sweetmeats with which their children are too often indiscreetly stuffed, there would be a diminution in the sum total of doctors' bills in a single year, sufficient to lay in a stock of this delicious fruit for a whole season's use.

ELECTRO-MAGNETISM.

THIS agency for the removal of various ailments is of doubtful value; if it had any uniform efficiency, it would long before now have become an accredited means for the cure of disease among educated physicians; it has not become so, chiefly because of its uncertain and transient effects, the costliness of its application, and the need of its prolonged employment. It ought to be a sufficient ground for its being regarded with disfavor, that it is almost entirely practiced by ignorant persons, foreigners, and peripatetics; that its application has been succeeded sometimes by an abatement or removal, more or less permanent, of the symptoms, is not disputed, but these good results have not followed with sufficient frequency to enable unprejudiced and intelligent minds to feel satisfied that electro-magnetism was the cause of the cure, while the immense multitude of perfect failures, to say nothing of disastrous successences, have operated to produce the general impression on the minds of educated physicians of various "schools," that up to this time, electro-magnetism, as applied to the removal of disease, is among the quackeries of the age.

WEARING GARTERS.

PERSONS who have nothing but a skinny spindle below the knee, can wear their garters any where, but those who have a real leg, swelling, full, and firm, should wear the garter below the knee, for there it can be kept in position without being so tightened as to interfere with the circulation of the blood, upon which depends the calfy rotundity which adorns the lower-humanity. Several evil results follow a tight-drawn garter above the knee. 1. The leg dwindles in proportion as the blood is detained from it. 2. Free and graceful locomotion is interfered with. 3. Varicose veins form one of the most ugly, unsightly, and intractable of diseases—painful, deforming, and of lifetime duration.

Notices, Accumulated Odds and Ends, etc.

ONE of the very best family religious newspapers in the United States, abounding in sterling instructive practical matter, is the *Presbyterian Expositor* of Chicago, N. L. Rice, D.D., editor; the "Upper House" must have a hand in it.

THE WORLD, a daily paper in New-York City, larger than either the *Herald*, *Tribune*, or *Times*, attained, in less than a month a *bona-fide* circulation of over thirty thousand copies daily. Its price is one half that of either of the papers named, being one cent each, or three dollars a year; the weekly edition is two dollars. It is edited by Spaulding, formerly of the *Courier and Enquirer*, and Cummings, who made the *Philadelphia Bulletin* what it is. It is conducted on Christian principles, being the steady and consistent friend of religion, of the Bible and of the Sabbath-day, never admitting any thing into its columns which parents may not read to their children, or which a gentleman might not read to a lady. Its commercial and telegraphic reports are as extensive as those of any paper in the city. It aims to give such items of news as are known to be true; while its special foreign correspondents write from the places designated, and communicate actual facts rather than theories and surmises. Multitudes regarded a "religious daily," as it was rather tauntingly called, the merest chimera; but Christian people and reflecting business men and sterling citizens have given it a welcome such as no other daily paper, the world over, ever had before; already its editorials are largely quoted. It is independent in all things, neutral in nothing; and conducted thus far on the basis of a liberal but decided religious sentiment. We have said thus much without having any personal acquaintance with the editors; because a paper with a *uniformly* healthful tone promotes healthful morals in the families which it visits; and good morals are the safeguards against vice, intemperance, disease, crime, and premature death.

One of the penalties of greatness is, that its sentiments are persistently misunderstood or wilfully misrepresented. The editor of the JOURNAL OF HEALTH!! has the reputation of being a very plain-spoken individual, and yet he is represented from Dan to Beersheba as being opposed to early rising. Whatever his theories may be, his practice is to be ready to read, write, prescribe, or take a fee as soon in the morning, winter or summer, as a man can use his eyes conveniently without "specs," for he is not old enough to need them yet. The renowned Andrew Jackson Davis, editor of the *Herald of Progress*, says: "Dr. Hall's philosophy of late to bed and late to rise, will meet the wishes of the night-loving population of gas-lit cities, and of those who indulge in midnight debaucheries, voluptuous indulgencies, late novel-reading, and intemperance. But," says the "seer," in the same article, "we do enthusiastically urge the practice of early to bed and early to rise, with a substantial meal to start upon the duties of the day, as the most rational and harmonizing life for intelligent human beings to live." It would have been almost impossible for him to have expressed our own views more precisely, unless our identical words had been employed, (see page 116, Vol. 7, 1860:) "Breakfast should be eaten in the morning before leaving the house for exercise or labor." That seems pretty plain!

Again, in our article on sleeping, (see *Health Tract*, No. 25 :) "Go to bed at a regular early hour, not later than ten, and get up as soon as you wake of yourself in the morning." Now, if any body can frame a plainer or more explicit expression of sentiment about early rising, we will give such a person credit for being a good old Anglo-Saxon scholar. Now, friend Davis, we are going to give you a dig under the fifth rib, and you won't forget it even beyond the boundary-line of the grave. Do you write as carelessly about the Bible and the received Christian sentiment of the age as you have done of us and our JOURNAL? Have you formed your religious opinions on such a loose reading of the Scriptures as of our article? The character, the quality of a man's mind "runs" the same, on whatever subject it expends itself, and it is essentially the same in all the phases of life. The JOURNAL was plain; you read it, or you did not read it; then represented it as advocating precisely what it did not advocate, and belabored the Editor accordingly. You read the Bible, or you did not read it, and then, in your issue of July 14, you commend a book, and offer it for sale as suitable "for the thousands who have been misled by mistaken believers in Bible infallibility." Perhaps the same looseness of investigation has led you to make a standing butt of the clergy as a class, using towards them epithets of the most degrading character, and then turn round and expend all your sympathies in behalf of the New-Jersey wife-murderer, who poisoned his victim while caressing her on his knee. The same kind of an examination of the proprieties of things leads you, in an article on Sunday Morality, July 14, to quote commendably the sentiments of a Sunday paper, which denies the right of any government to make the Sabbath different from any other day as regards restrictions from labor or enjoyment. If you strive to destroy the Bible, which advocates every where purity and justice; if you strive to destroy the character of the clergy, who, as a class, are the most learned, the most blameless, and the most useful men in the world, and plead for the life of the deliberate murderer of his own young, confiding wife; if you strive to secure for the ignorant, the idle, the degraded, and the drunken such an observance of the Sabbath-day as may suit them, contrary as it is to the law of the land, while it interferes with the enjoyment of that peace and quiet which is preferred by the educated, the refined, the industrious, and the temperate, it may reasonably be supposed that you have arrived at these ends by looking at the Bible, at the clergy, at the justness of the laws of the land, and the Sabbath-day, as you did at our article on Early Rising, without any careful examination, and an utter recklessness of the results of making untruthful statements. These remarks are pertinent to this publication; for in proportion as communities disregard Bible teachings, and desecrate the Sabbath-day, in the same ratio do they become degraded, vicious, beastly, running into all kinds of animal indulgences, until the body becomes literally rotten in its rioting, perishing before its prime, leaving its generations withered and diseased at the root and blasted in the bud. That you may re-read the Bible, and give it the candid examination of an ingenuous, unprejudiced, and philosophical mind, is our earnest desire.

One of the leading publishing houses of this city, the Mason Brothers, Nos. 5 and 7 Mercer street, have issued the "Avoidable Causes of Disease," by John Ellis, M.D., 400 pp. 12mo. It is highly commended by the editors of several religious newspapers. We are persuaded that they never could have read the book, any more than the excellent publishers; or any more than we could have read one of the advertisements in the September JOURNAL OF HEALTH, which contains the biggest lie ever put in print. The advertiser declares that his "dietetic saleratus is as harmless to the stomach as flour itself." Now, we will be charitable all round, and

suppose that the advertiser employed some body of more impudence than wisdom to write his advertisements, as Brandreth and the celebrated Medicated Inhalation man used to do. Dr. Ellis teaches that costive persons generally live to grow old. He quotes freely from the publications of Fowler & Wells, and uses Catherine Beecher and Horace Greeley with liberal scissors. In a preface of seventeen pages, he often speaks of our "Heavenly Father," of "love to man," "Christian," "Divine command," etc., concluding the volume by suggesting that church-members had a great deal better give their money to the "heathen at home" than to those ten thousand miles away. Such a novel idea! So generous to dictate how people should spend their own money! Such admirable taste, so democratic, to advise the religious and the rich that they had better help the poor around them more, and dress less expensively, live in plainer houses, and worship in plainer churches. All this, and a good deal more of the same sort, in a book purporting to treat of the "avoidable causes of disease!" It really seems to us that it is becoming more and more impossible to take up a book or a newspaper or go to a lecture without being nauseated or outraged, according to the taste of the hearer, with insufferably stale nonsense in ridicule of the rich and the religious. What are we coming to?

LAWS OF LIFE.—Sometimes assertions are made, and earnestly believed, too, by those who make them, which are so supremely absurd that one feels as if it would be an utterly hopeless task to correct the error, among which are as follows: A Hydropathist Editor says, in a published lecture, that eating the meat of animals fattened for the market is a deadly poison. Then, again, that vaccination occasions a terrible loss of life; and that 'Dr. Jenner's name will yet "be mentioned with cursing and bitterness;" because vaccination has introduced the seeds of scrofula very generally; but that it is more easily done by eating the meat of fatted animals. The time when Jenner is to be "cursed," is when it will be discovered that vaccination causes scrofula; but inasmuch as the same thing is done by eating the meat of fatted animals, it will be difficult, between the two causes of scrofula, to decide which is which. We advise the editor not to wait, else he may have a chance of getting as gray as a thousand-year-old rat before he can safely "curse Jenner" or roast beef.

What is the reason that the cold-water people are so full of cursing and bitterness? See how another Water-Cure journal ventilates itself. In the August *JOURNAL OF HEALTH* we advised the free use of the tomato as a health-promoting article of diet, premising that it had medicinal effects, by reason of the seed acting as the seeds of grapes, white mustard, and figs are generally supposed to do by educated physicians the world over, that is, by keeping the bowels free, as multitudes have found to be the case. But our theory of the "*quo modo*" of their action is abhorrent to the mind of the Editor of the *New-York Water-Cure Monthly*, and he forthwith plunges at us with the savageness of a meat-axe, and talks about "pulverized granite, pounded glass, epsom salts, tin filings, cayenne pepper, nettles, stings, thorns, thistles, etc.," being as good as tomatoes for the purpose and manner advocated by us. And, as proof, he asks a question, and makes a statement. The question is: "Why can not the flippant editor see deep enough into physiology to understand" better? The statement is, that he has not used any of the above articles in fifteen years, and is in good health. We verily thought that cold water had a clarifying effect, but we presume that it does not extend to the brain.

What is the reason that "isms" go in droves? There seems to be a kind of brotherhood among the whole of them. There is one element which seems to be a

connecting link between them all, which makes them conglomerate; perhaps it is Spaulding's glue! No, it is not that. We must search lower down than the hoof of a beast to get the fundamental principles of affinity between Water-Curers, Phrenologists, Free-Lovers, and Harmonialists. Just see how an admirer of Seer Davis meets the apparently harmless suggestion of ours, that it is rather better for persons to eat their breakfast before they go out to work or exercise. The man does it bravely, too; he is not afraid or ashamed of his birth-place or his name: "Horace Steele, Painesville, Ohio, July, 1860." "It is deplorable that any man who claims to publish a JOURNAL OF HEALTH should sink himself so low as to become a panderer to vice, by prescribing the means by which its practice may be continued. You gave Dr. Hall a severe rebuke, but not any more so than he deserves." Then the Seer Davis comments: "We sincerely thank our elder Brother Horace, in behalf of the cause of human redemption from disease, for his straight-out and truthful testimony in favor of early rising." What is the connection between our advice, that a man should eat his breakfast before he went to work, and "pandering to vice," must be left to some highly imaginative individual, some man whose appropriate phrenological bump is a mile high, or whose "frankness" is a mile deep. The "seer," however, goes on to say, that he, too, had advised that something should be eaten before going out of mornings, at least an "orange," something to stay the stomach; but he says he only meant that it was necessary for the "poor Irish," "widow women with large families," "poor seamstresses," and the "debilitated." Why, Andrew! how came you to make such a fool of yourself? You are as great on "Harmonies" as the man on "Fits," and have almost as much of the milk of human kindness in you as the Water-Cure people. But we excuse you in part; these things were written in the dog-days, and that divinity was in the ascendant; hence the snapping and the snarling. "Just so."

Let us make a clean sweep of the rubbish while we are at it. In the same "dog-days," the *United States Journal*, in reference to our recommendation that berries and fruits, ripe, fresh, and perfect, should be freely used in summer, as being at once nutritious, agreeable, and healthful; and in the same direction that the acidity of butter-milk, clabber, and the like, led some communities to use them largely, tilts at us in manner, form, and words, to wit: "It is really surprising how attractive learned nonsense is to a great many people." Then the editor blazes away at the *Tribune* for copying it, concluding thus: "A bundle of greater absurdities we have seldom seen put together. If Dr. Hall can eat butter-milk, suet, alum, acid, gooseberries, currants, and vinegar, congratulate him on having a strong stomach! but don't undertake to follow his example."

We invite the reader to put two things together. In that same paper there is a leading editorial, and a very long advertisement. The leader talks about *Uncle Tom's Cabin*, and the advertisement speaks of a medicine, which has wonderful properties in imparting strength to the debilitated, and health to all who need it. This same mixture is in quart-bottles that don't hold a quart, at two dollars each; to be taken in doses which will make a bottle last a week; but if that is not enough, take a whole bottle. The medicine is essentially iron-rust and molasses; iron is cheap, and so is molasses. Let us see.

There is a spoonful of iron-rust in a bottle, costing a quarter of a mill, the bottle six cents, and the molasses twelve cents a gallon, (New-Orleans,) or three more cents for the short quart, total nine cents and one third of a mill. The former publishers of *Uncle Tom's Cabin* having failed to place themselves on the "retired" list by publishing fiction, have changed the phase of their tactics, and hope

to replenish an exhausted treasury, by dealing in the more substantial articles of iron and molasses; and as one kind of "progress" is uniformly downwards, we may find the same enterprising gentlemen, in due time, "fetching up" in another harbor, loading ebony "for a market." Now as the water-cure people and patent medicine dealers make common warfare against the JOURNAL OF HEALTH whose fundamental principle is never to advise a dose of medicine, and whose object is to teach people how to live healthily by the wise employment of food and exercise, it might seem to some a legitimate inference, that the motives of these parties were quite as pure as those of Alexander the coppersmith; and that they are in trepidation, that if the principles of the JOURNAL prevail, there will be no body to sell their medicines to, no body to be sloshed with cold water, and they will have to go to plowing, which wholesome occupation they have sufficient capacity for, and which they ought not to have ever left; a mistake, as unfortunate for themselves as for society. Now Andrew! be "harmonial," and ye watery spirits who preside at Dansville and Laight street, keep as cool as the divinity you worship, write us a laughing reply, and thus get rid of your "black bile;" it is almost as certain as a good dose of calomel, to rid you of anger, wrath, malice, and all uncharitableness, and you will sleep better for a month afterwards. Wonder if the cold-water people ever do laugh? One would not think so from their writings. By the general tenor of their monthlies, we are inclined to conclude that their sole articles of food are "barks" and snapping-turtles, with alum-water and persimmon-cider as beverages; they are so puckered up, so constringed are they, that the mollifying juices of human kindness seem never, by any chance, to exude from their rhinoscerostic hides or hearts.

MIASM.—Of all our exchanges, as far as yet observed, only one has shown a proper appreciation of the value of our article in the September number.

The editor of the CONGREGATIONAL JOURNAL at Concord, New-Hampshire, says: "The first two articles are among the best that ever appeared in the JOURNAL OF HEALTH. That on Miasm is worth twice the subscription-price." We ourselves add that the article deserves to be framed in every household; its principles are of *vital* importance, literally, to every man who wishes to rent or buy or build in any part of the globe. These principles are as eternal as the laws of matter; they can never change, and our highest health and safety depend on our wisely adapting ourselves to them.

THROUGH every change and crisis and revolution in the civil, political, and financial world he is safe who abhors debt.

THE ANÆSTHETIC INHALER, invented by H. G. Luther, Dentist, 42 Great Jones street, New-York, heavily plated with silver, price five dollars, is pronounced by Drs. Carnochan, Francis, and Mott, to be superior to any thing of the kind yet devised in France, England, or America.

PHOTOGRAPHIC ALBUM, by Messrs. Anderson & Archer, 22 and 24 Franklin street, New-York, makes one of the most beautiful and interesting centre-table ornaments; it is arranged to receive the photographs of kindred and friends, to be looked at by turning over a leaf, instead of the cumbersome opening of cases. The leaves are so attached to the back with strong linen, that apparently they would not be displaced, and could not be torn out, in the ordinary handling of a century. In these days of interchanging photographs, this is one of "hits" of the times; there ought to be one on every drawing-room table.

STUDYING OUT OF SCHOOL-HOURS.—The wise and thoughtful care of human health and happiness and life has led our excellent Superintendent of the Public Schools of the city, to recommend to the Board of Education the abolition of study out of school-hours absolutely in the primary departments, and to curtail them largely as to the more advanced scholars. It is earnestly hoped that the Board will follow the humane example set in other cities. To be kept at study from nine in the morning until three in the afternoon, thus involving an absence from home of seven hours every day, six of which are employed in severe mental application, with a few minutes' intermission now and then, is nothing short of a barbarity worthy of the ignorance of the middle ages, of the days of Salem witchery and ordeal of fire and water; but when in addition to this, lessons are given to be learned at home, which require the less bright scholars to rob themselves of necessary sleep in order to be able to learn them properly, and to which they are stimulated by goadings more imperative than the lash, is an enormity which is inexcusable and inhuman. We hope that the *Press* of this city, following the example of *The World*, will urge this reform with pertinacity and power.

HOW TO GET GOOD COAL FOR THE COMING WINTER.—Buy it now from dealers who ask the highest price, and save it by throwing your furnaces into the river, and use the Low-Down Grate in your parlors and sitting-rooms, and thus have some kind of cheerfulness about your homes. In addition, use the Ash-Sifter sold at 63 East-Sixteenth street, by William E. Jones, Esq.; it is undoubtedly the best ever yet invented. Price, four dollars.

SIGHT-SEEING.—One of the most interesting and pleasurable sights in New-York, is the Aquaria at Barnum's Museum. We took some ladies there the other day from Philadelphia. One of them exclaimed: "I could remain here a week." To see how fish deport themselves at the bottom of the ocean, is well worth a visit to the Museum, were there not a thousand other objects of interest there, and all for twenty-five cents. The Museum has never presented so many attractive features as since Mr. Barnum's reinstatement.

ODD NUMBERS OF HALL'S JOURNAL OF HEALTH sent to the address of Dr. W. W. Hall, New-York, post-paid, one cent each, will be received in payment from subscribers, at six cents each, for any of the Editor's publications, or for new subscriptions to the *JOURNAL* or the *FIRESIDE MONTHLY*, if sent during October of the present year.

MUSIC.—One thing at a time, and that well, is the admirable motto at the Normal Academy of Music at Salem, Ct., which has been founded by the enterprise and energy of the Hon. Oramel Whittlesey. Music only is taught there, vocal and instrumental; and, while on so charming a subject, we may appropriately add a paragraph from the *FIRESIDE MONTHLY* for September, on the subject of *MUSIC FOR OUR DAUGHTERS*: "Southerners who are now flocking to our city, will find it to their interest to call at Worcester's spacious Piano Establishment, on Fourteenth street, corner of Third Avenue, one of the very oldest Houses in New-York. In all the financial crises of the country, it has never known a 'suspension,' or a 'removal'; thus indicating a thrift, which is only known to men who always make the best instruments, and thus secure the steady patronage of wealthy families, which, from its extent, enables the proprietor to sell a better Piano at a lower price than can elsewhere be had, being more especially adapted to withstand the effects of a warm and moist climate."

NOTICES, ACCUMULATED ODDS AND ENDS, ETC.

TO PARENTS living in the vicinity of 339 Fourth Avenue, Twenty-fifth street, we heartily commend Mrs. M'Millan, as a teacher of children; her terms are from five to ten dollars a quarter. Her excellent husband lost his health while a foreign missionary, and she now seeks to provide for her interesting family by teaching school. We join in the commendation of Mrs. Erastus Brooks and other ladies, the wives of some of our first citizens, as to Mrs. M.'s ability and fidelity.

AN ENTHUSIASTIC VIRGINIAN thus piles up the praises with accumulative power of the article in the September JOURNAL on "'Household Slavery,' every word of which should be written in letters of gold on the four walls of every room in every man's house in the world, and read daily."

MRS. STEEL'S PREPARATORY SCHOOL for Boys and Girls at 70 Irving Place, is worthy of neighborhood patronage, supported as it is by such prominent ladies as Mrs. Dr. Doremus, Clark, Bishop, Ward, Schott, and Clapp, all living in and around Grammercy Park, Union Square, and Irving Place, called the Regal Region of New-York.

LIQUID GLUE.—The French make it thus: In a wide-mouthed bottle dissolve eight ounces of best glue in a half-pint of water, by setting it in a vessel of water and heating it until dissolved. Then add slowly, constantly stirring, two and a half ounces of strong aquafortis, (nitric acid.) Keep it well-corked, and it will be ready for use. This is the "Celebrated Prepared Glue," of which we hear so much.

THE FIRESIDE MONTHLY.—The character of its articles may be known from the headings of the first six numbers; see one of the advertising pages. It aims to exclude fiction, trash, and prosy treatises. No article is ever admitted adverse to the Bible, to Religion, or the Sabbath-day: it will abound in short practical pieces, written by persons of acknowledged ability, such as may be read with profit at any time, in any place, and to any company. Some of the sweetest pieces of poetry in the English language, will be found in the September number. The June number contains thirty-six one-page Health Tracts on a great variety of subjects, succinct and practical, a vade mecum of Hygiene, which every man and woman, boy and girl, worker and idler, rich and poor in the land ought to read; sent post-paid by the Editor for fifteen cents. It is one dollar and a half a year; afforded to subscribers to HALL'S JOURNAL OF HEALTH for two dollars a year for both monthlies. Back-numbers of both can be furnished to any desired extent.

HARNESS a horse if you want him to leave a burning building quickly.

The *British and Foreign Medical Chirurgical Review*, republished by the Messrs. Woods, 389 Broadway, at three dollars a year is enriched by several original communications on insanity, chorea, ethnology, etc., with a handsome notice of the work of our countryman, Austin Flint, M.D., with a great variety of miscellaneous medical matter. THE AMERICAN PHRENOLOGICAL JOURNAL for August is of unusual interest; it contains a handsome portrait of Townsend Harris, Esq., our able and efficient and honored Minister to Japan, and several pages of an admirable lecture on Physical Culture, by Henry Ward Beecher. The WATER-CURE JOURNAL for August, 308 Broadway, 10 cents, has a valuable article on the Feet and Hands, their pains and penalties, by Dr. Trall, in reference to corns, bunions, callosities, etc. It is inexplicable to us how the AMERICAN AGRICULTURIST can give for one dollar a year thirty quarto pages monthly, so much valuable, practical and varied reading matter, a healthful moral tone always pervading its clean white pages. No farmer's house would fail to be benefited by such a publication. Our old acquaintance, THE

HALL'S JOURNAL OF HEALTH.

COUNTRY GENTLEMAN, of Albany, issued weekly, is still the favorite of thousands of thrifty husbandmen; two dollars a year, vol. 16. THE METHODIST, two dollars a year, 7 Beekman street, New-York, we commend heartily to every conservative member of the Methodist Church. With John A. Gray as Printer, Lemuel Bangs Publisher, and Drs. Crook and McClintock Editors, it could not but merit the high praise of the *New-York Observer*: "Beautiful in its dress, rich, varied and attractive in its contents, giving fine promise of vigorous life, and great usefulness. Conservative, wholesome, alive, and earnest, edited with taste, tact, and ability, it must make its mark on the Church, and we hope it will become a power in the world."

SPECIAL NOTICE.—All subscriptions to HALL'S JOURNAL OF HEALTH begin with the January number of each year, for convenience of binding and index. Those who wish to subscribe now, can send one dollar for 1861, vol. 8, and at the rate of eight cents for each number up to December next inclusive, in postage-stamps.

OLD NUMBERS: six cents each, in any of our publications, will be allowed for any of the old numbers of HALL'S JOURNAL OF HEALTH sent post-paid by mail, (one cent each,) or by private hand to "Dr. W. W. Hall, New-York," any time during the month of October, 1860. The six vols. of HALL'S JOURNAL OF HEALTH, bound two vols. in one, with a copper-plate engraving of the editor's portrait in 1847, and the three vols. of BRONCHITIS, CONSUMPTION, and HEALTH AND DISEASE, bound uniformly in morocco in the best style, are sold at 42 Irving Place only; price, Twelve Dollars. The *Presbyterian Historical Almanac* for 1861, by Joseph M. Wilson, Philadelphia, will soon be ready, and ought by all means to be supplied to every clergyman of the denomination who belongs to the Old School Presbyterian Church. Price, One Dollar. Stereotyped.

JOURNAL OF HUMAN SCIENCE, vol. 1, No. 1, Cincinnati, O., 32 pp. 8vo. two dollars a year, edited by Wm. Byrd Powell, M.D., a medical scholar and writer of ability. This number contains a large amount of very curious and instructive information on the subject of the Temperaments, which is handled in a masterly manner.

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HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

NOVEMBER, 1860.

[No. 11.

PERIODICAL LITERATURE.

A MAN died last year, who, in all the relations of life, possessed as faultless a character, perhaps, as any one in his day and generation. He was a gentleman—a Christian gentleman; a man of great learning, of greater piety, of the most unaffected humility, and, above all, he was a minister of the Gospel, whose wide experience and power of observation, made him acquainted with the dangers and the needs of the times, to an extent beyond that of other men. With such capabilities, and from such a stand-point, the Rev. Dr. James W. Alexander said in our hearing, but a short time before his death, in reference to “The Daily Journal Poison”:

“A little mineral admixture in their daily bread, a little morbid quality in their daily milk, would be justly dreaded as tending to wear away the health; *yet the daily journal* enters your doors, distilling by little and little, false, latitudinarian, and radical opinions. No marvel if you find your old age surrounded by sons who have made shipwreck of the faith. It is impossible to watch too affectionately the literature which comes into the hands of the young. If you desire them to be guarded and manly Christians, their pabulum must be truth. It is as certain of the mind as of the body, that whatever is taken into it should tend directly to its growth and strength; all that is otherwise, is noxious. Nutrition, moreover, is a gradual process, the result of repeated acts. If, then, the mind and character are to make progress, and acquire firmness, there must be not slight and occasional, but regular and extensive study of God’s revealed will. Thus, by promoting knowledge of truth, and discouraging familiarity with falsehood, we may, under

God's blessing, do much to protect ourselves against abounding infidelity."

This is a "sensation" age. The "Press" has long ago become sensational, and the Pulpit is in danger of the infection. The daily journal, the weekly newspaper, the monthly magazine, and the quarterly reviews, in their strife for compelling attention, put all inventive genius to the rack, and but too often set at defiance justice, decency, and truth. The virus has entered the ought-to-be sacred precincts of the Sunday-school, of which the *Religious Intelligencer* remarks:

"There is nothing connected with the Church, in the present day, that requires more watching than those institutions which furnish the Sunday reading of our youth. The time was when the books of these libraries were selected from the religious classics of England and America. They were the approved vehicles of religious truth. Now, however, in the desire to supply the demand of teachers and scholars for variety, a large class of works has been introduced into many schools, that, to say the least, are not calculated to lead to serious thought. Indeed, we have heard of churches where the new novels form a regular supply to the library. Although matters are not quite so bad as that in general, yet the tendency of our Sunday-school libraries is more to gratify the taste of the readers, than to strengthen or instruct their religious faculties. Unless a stop is put to this evil, it must eventually undermine the foundations of truth and righteousness in the community."

The New-York *Examiner* says of "SENSATION PREACHERS:"

"There are in all our large cities a crowd of thoughtless, sensation-loving gossips, who, with mouths agape, will run after any thing or any body that promises to gratify their depraved tastes, and as the demand for an article usually induces, before long, a supply, it is natural enough that there should be men who will desecrate the pulpit, and degrade it to the low level of a harlequin's stage.

"We do not know that there is a larger proportion of this class of mountebanks in the five hundred pulpits, more or less, of New-York and its suburbs, than among the same number of pulpits elsewhere; but we do know that there are more of them than there should be. The congregations which employ such men are partly to blame for their development."

The New-York "WORLD" declares that: "Man has been variously defined by philosophers as a cooking animal, a borrowing and lending animal, and a lying animal; differing in the opinion of the philosophers who have thus distinguished him from the rest of the animated world, chiefly in the respect of aiding the digestion of his food by means of fire, of negotiating loans, and of mendacity. The ripening civilization of these later days permits us to add variously to these definitions. With the process of the sun, and the scarcely less illuminating processes of Messrs. Hoe & Co., man has become emphatically a reading animal.

"The truth is, he reads a monstrous deal of trash and twaddle. Nine tenths of the merely literary emanations of the periodical press come appropriately under this designation. Stories of life, such as has never been lived upon our planet, delineations of manners, which are the manners neither of gods nor men, nor of the "third estate;" salient sketches, treading close upon the verge of downright immortality; fetid exhumations of the subterranean stratum of life, exposed to the light like the sores of the leper; coarseness, ribaldry, profanity, all, however, wearing the thinnest possible cloak of decency, and assuming to convey a moral inculcation while eating at the root of morality like a worm, compose an appalling proportion of the aggregate reading of the day. The denunciation is sweeping, but one less comprehensive would be inadequate.

"The French revolution and the brief but lurid reign of terror which ensued, revealed the existence in Paris of a hideous nether stratum of life of which king, courtier, priest, physician, artisan even, had never dreamed. From the Faubourg St. Antoine, its loathsome tributaries, subsidiaries, and succursals, from every reeking lane and alley of that Mecca of civilization, opulence, and profligacy, poured forth upon the Boulevards and the Elysée herds of wild-eyed men with tangled hair like the furies, unwashed, *sans culotte*, merciless, ravenous, bloody, and drunk. They swarmed about the palaces; they invaded the churches; they raved through the wards of hospitals; they leered and grimaced at the portals of nunneries. When the deluge of blood subsided, and order came again, men looked at each other and grew pale. They were walking

upon a crust beneath which surged and heaved this hitherto unsuspected wave of fire.

"Society and literature, no less than geology, have their nether, intermediate, and upper strata, each in some degree unconscious of the other, as were the Parisians, of the burrowing herds of satyrs which that social upheaval unearthed. We have here, for example, a literature devoted to a strenuous advocacy of Sabbath-breaking; a literature of infidelity, a literature of crime. The thieves' lexicon is among the works with which American bibliography has recently been enriched. In addition to these, there is a huge aggregation of print which it is difficult to classify, but the effect of which is to enervate the immature mind, to inculcate false ideas of life, and to render distasteful to the young the homely and useful pursuits which alone, in most cases, lead to happiness and honor. What youth of average gifts is content to follow the plow, or wield the scythe, or swing the hammer, after the useful and humble manner of his fathers, when he is instructed by the experience of that dashing hero of the piratical tale, that the path of glory and gold is through the demesnes of adventure; that the coast of Madagascar, and the deck of a long, low, clipper-built schooner, rakish as to masts, and with unheard-of qualities as to speed, are the fields for him instead of the hill-side or the forge! Who, among the rustic maidens singing at the spinning-wheel, or among the milk-pans and other implements incident to butter, is unaffected by the perusal of the history of that rural damsel who, eloping from such common-place occupations, became a countess, and achieved lap-dogs and diamonds, and carriages and adoration! Many and many of those leprous specters who flit along the ghastly lamp-light of Broadway, bedizened, painted, and how often hungry, despairing, sick, drunk, and dying, can, if memory and mind remain, trace to the perusal of this species of literature something of the influence which directed their footsteps down the dark road, at the end of which glooms the hospital, and happily a grave without a name. The good and solvent citizen, who daily reads his mild, unexceptionable newspaper; the lettered amateur who, in the snuggest of studies, over the most fragrant of all the varieties of Souchong, beside the most cheerful of sea-coal fires, luxuriously cuts the leaves of his favorite quarterly, do not per-

haps dream that the same press which conveys to them its periodical missives of instruction and recreation, conveys to multitudes that intellectual drivel which enfeebles the mind as narcotics and stimulants do the body. It is true none the less, and that portion of the press which labors in the interest of morality and religion, is recreant to its duty if it ignores it, or fails in its censure and condemnation.

“Unhappily, this vicious literature is an evil almost without remedy. Whatever the public taste demands will be supplied. Literary censorship has of course never taken root in this country, if we except its temporary grapple upon the stony soil of early puritanism, and there is, consequently, no relief except in the moral and religious sense of the community. Something may be done by the schools in fostering a taste for the better sort of light literature, something by the heads of families in rigorously excluding from the household publications bearing a shadow of taint, much by the pulpit, and much by the press. But we shall not see the end of this pernicious influence until a higher degree of education and culture takes the place of that flippant superficiality which has given us, as a people, the name of knowing less of any thing, and more of many things, than any race in the world.

“Benjamin Franklin tells us, in one of his letters, that when he was a boy, a little book fell into his hands, entitled, *Essays to do Good*, by Cotton Mather.

“It was tattered and torn, and several leaves were missing. ‘But the remainder,’ he says, ‘gave me such a turn of thinking as to have an influence on my conduct through life; for I have always set a greater value on the character of a doer of good than any other kind of reputation; and if I have been a useful citizen, the public owes all the advantages of it to the little book.’ Jeremy Bentham mentions that the current of his thoughts and studies was directed for life by a single phrase that caught his eye at the end of a pamphlet: ‘The greatest good of the greatest number.’ There are single sentences in the New Testament that have awakened to spiritual life hundreds of millions of dormant souls. In things of less moment, reading has wondrous power. George Law, a boy on his father’s farm, met an old unknown book, which told the story of a farmer’s son who went away to seek his fortune, and came home, after many

years' absence, a rich man. From that moment George became uneasy, left home, lived over again the life he had read of, returned a millionaire, and paid all his father's debts. Robinson Crusoe has sent to sea more sailors than the press-gang. The story about little George Washington telling the truth about the hatchet and the plum-tree, has made many a truth-teller. We owe all the Waverley novels to Scott's early reading of the old traditions and legends; and the whole body of pastoral fiction came from Addison's sketches of Sir Robert de Coverley in the *Spectator*. But illustrations are numberless. Tremble, ye who write, and ye who publish writing. A pamphlet has precipitated a revolution. A paragraph quenches or kindles the celestial spark in a human soul—in myriads of souls."

Let parents also tremble in view of the responsibility which rests upon them, not only in preventing their children from improper reading, but also in providing them with what will attract by its beauty, instruct by its truth, and compel conviction by its point and power; or which, by its admirable simplicity, and the sweetness of its sentiments, shall mold the character for high usefulness in life, and the society of the blessed beyond the grave.

As a pioneer in this kind of reading for families, the JOURNAL OF HEALTH claims the support of the reflecting and the good. Let such deliberately read every article in any of the numbers, and then ask the following question: Is there a monthly publication in the world so free of fiction, so full of truth, so varied in its subjects, and so perfectly free from every thing calculated to offend the religious sentiment of any man who makes the Bible his rule of faith and practice, while, at the same time, it is not, technically, a religious periodical? Then comes the practical inquiry: Do I know of any safer publication, one which contains so much that is good in an equal space and at so small a cost? If not, why not order it for your child on the instant? A great name once said: "Tell me who are a man's associates, and I will tell you what kind of a man he is." Not less true is it that the character of a man is molded by his reading, and if that is truthful and pure, and of a high moral tone, there comes of it pure men and women, healthful in body, the mind cultivated, and the character spotless.

HOUSEHOLDS CONTRASTED.

A GORGED anaconda is the mildest animal in nature. You may kick him until you are tired, and he won't take the trouble to raise his head or give a hiss. We have remembrances as fresh as of yesterday, of going out to the pig-pen of a frosty fall morning, and witnessing the changing mood of the occupants while waiting for the men to throw in the corn. How they would squeal, and grunt, and bite, and snap at each other! these modes of expression becoming "excelsior" in geometrical progression with each passing minute of delay. With the first mouthful, "order reigns in Warsaw." A few minutes later, a wag of delight takes hold of the tail, and at the "closing stretch," pig spoons to pig, and side by side they while their time away in delicious, dozy grunts. Pigs and people are not far apart. There are men, and—shall we say it?—women, too, who, before they get their breakfast in the morning, are as ferocious as she-tigers. They have brutalized themselves by late dinners, or over-hearty suppers the preceding evening, or they have sat up until midnight, or later, in doing what they considered indispensable—working, it may be in actual weariness and suffering, with the effect, that when the morning comes, they are not rested, not refreshed, and, as a consequence, the nervous system is deranged; and if they are up soon enough for family worship, they come into the room where glad children and servants (for both children and servants being healthy, are light-hearted in the mornings) are all in waiting, with a tremendous scowl on the countenance, or a sheepish, slovenly indifference, according to the temperament of the human animal. But not the honey droppings of the "Word;" not the glad songs of praise from other lips; or thanks for the nightly deliverances or the morning mercies, the bright sunshine, the dancing fire on the hearth, while the frost is at the window; not the consideration that every child is the picture of health, and a well-spread board, white and clean and smoking and abundant, is ready, without even the trouble of ordering; not all these considerations are sufficient to mellow down that ugly nature, but it drawls along to the table to whine and complain and growl and fret. If a child happens to laugh outright in its gladness, there is an

instantaneous snap at it, if, indeed, it is not driven from the table, or slapped over with the hand. If the toast is not browned to a turn, or the steak is the tiniest bit over or under-done, the cook is raved at with the savageness of a polar bear. If the table-maid happens in her haste to trip a toe or let fall a roll, noise enough is made about it to fill a barn; and if a child overturns a cup, a hyena comes up in the "dissolving view."

Reader! what think you? does this picture of a daily reality in more households than a dozen, suit you in whole, or even small part? Be counseled in time, that one of two results will fall to your lot: if, in humility and repentance towards God and man, you do not promptly seek a remedy against so low a crime, you will either die prematurely, or end your days in an asylum, if not in a worse place still. If you begin a day in so ungodly a manner, it is a "bad beginning" for you; the whole of that day will be a cloud; the night will set in with humiliating or fierce remorse, and it will be a day lost—lost forever. If it were only lost to you, it is of comparatively small moment, except to yourself. But that is not all. You clouded over a sunshine which God had sent to gladden the members of your family. You robbed them of God's good gift, there will be blasting in the repetition, blasting to the body, and curses to the soul, ending never! "That's true, Doctor; every word of it is as true as gospel, what you say about parents being pleasant in families. I've seen it in more cases than one or two." So said neighbor P., who lives a block or two away, in Seventeenth street. He ran on so glibly in this style, ever so long, and we couldn't stop him; so we let him run! What a grand good plan it is, in another direction, to stop a verbosity, as Rev. Dr. Cox would say, just to say nothing at all. Why, the longest tongue in nature will stop short in "two forty," if you only don't say a single thing. It's because we have tried it that we recommend it so confidently; and if you have any sly malice to gratify, you can indulge it so effectually and in so quiet a way, too! The more you don't say any thing, the longer will the remorse of meanness burn with unquenching fierceness afterwards. But to friend P.'s speech. "You know, Doctor, I have one of the finest wives in the world, so I am not personal. 'O Mrs. P.!' said two dear young girls, 'if mother would only be as lively and kind-tempered as you are! You

seem to be always cheerful, and in such good spirits! but mother is always cross.'” On inquiry, we learned that a merchant of great wealth had died before his time in Brooklyn, and left his widow with three children. Her temper was perfectly devilish. It shortened his days. While in the hot pursuit of business, his mind was diverted; but when his fortune was made, and he had leisure to be at home, and to enjoy his children, the curse of a shrew came upon him, and he had not the courage or the moral power to apply a remedy. The result was, that in this case, the young son left the house — had not slept in it for three years. He found greater pleasure in running after the “machine,” and slept in the engine-house. The presumption of charity is, that the woman was deranged.

But a merited tribute to our neighbor. He has reared a family of sons and daughters in New-York City. Model children are they all. The sons are handsome, manly, and of moral character without the film of a blot. The daughters, single and married, are affectionate as children, and notable in the relations of wife and mother. The father and mother have grown old in lovingness within and charity without. The frequent reunions of parents and children and grandchildren, are tableaux of earthly delight; and with peace and plenty, and blessed unity combined, they bid fair to end their days in gladness and sunshine, and all largely owing to a cheerful conduct in the household; showing, by the way, that a family of children can grow up in a city, healthy in body, blameless in morals, and unchallenged in business integrity, by making home attractive.

COLD PHILOSOPHY.

WHEN Patrick was asked what he would take to climb a steeple one frosty morning, “I’ll take a cold, yer honor, be sure,” was the ready reply. Sandy, standing hard-by, said he would “take a dollar.” It may be practically useful to know how a cold acts on the system. Colds always come from outside agencies. In health, from two to six pounds of waste and impure matter, in the shape of fluid and gas, is passed from the interior body towards the surface; the skin is perforated by millions of little holes, through which this waste is poured

outside the body; a good deal of it dries and forms into flakes. In health, these holes or "pores" are open, known by a "soft feel" of the skin; they are kept open by warmth, but close instantly on the application of cold; if the closure has been sudden, decided, or general, a feeling is caused, familiarly known as a "chill;" these waste and impure fluids, not being able to have an exit through their natural channels, retreat and seek a place of escape elsewhere; if they find it instantly, as in an attack of loose bowels, the shock to the system is expended in that direction, and the cold is cut short off; the same if the person is seized with an attack of vomiting, or of violent bleeding at the nose, or an excessive watering at the nose, or of an accidental wound causing the loss of a large quantity of blood. It is as if the natural vent of a steam-engine were closed while in operation: if an equal "vent" is made in another direction, all is well; and the vent must be had, or an explosion is inevitable. But before this vent is made, in case of a cold having been taken, and the arrested outgoing fluids not having as yet found egress, there is that much more of actual matter in the system than it is accustomed to, making us feel "stuffed up," "full," "oppressed." Most expressive and literally true are these phrases, and until a vent is made, the fuller and fuller does the body become. We express ourselves as feeling "bad all over," and no wonder, for every blood-vessel in the body is not only fuller than it ought to be, but it is filled with a fluid made up of the pure blood, mixed with all the impurities which would otherwise have been thrown out of the system as effete matter; and the blood of the whole body being impure, imperfect, feeling, taste, appetite, every bodily sense is deranged, the mind participates in the general disorder, and petulance and ill-nature pervade the whole deportment, and what the sufferer feels, others see, that he is "as cross as a bear."

If, however, within a few hours after a felt chill, or after a cold has been taken, and before the current has become in a measure fixed in its unnatural direction inwards, the "pores" of the skin are reöpened, that current is turned back and harm is avoided; hence the efficacy of what is called the "old woman's remedy," "a good sweat," produced by putting the patient to bed, "tucking in" the bed-clothes, and pouring down

a gallon, more or less, of hot "catnip-tea," or any other hot drink. We have pleasant memories of the good taste of a "stew," a mixture of Bourbon whisky, hot water, sugar, a little butter, and hot spices. Oh! how good it was! It's a medicine we always take with pleasure, but we don't advise others to do so—it's dangerous, very! its ultimate effects have been the death of many a noble-hearted fellow.

But if all the discomfort of a cold is caused by an unusual amount of matter being shut up in the system, is it not the most consummate folly to eat an atom of any thing, or drink a drop of water, to increase the "fullness" of the body? We should instead, the very moment a chill has been experienced, or that we in any other way become sensible of the fact that we have taken cold, set about doing two things: first, get up a feeling of warmth in the body, even if it requires a room to be heated to two hundred degrees of Fahrenheit, and keep it at that point until perspiration has been induced, and continued for some hours; in addition, do not eat an atom of food, at least until next day, or until you are conscious that the cold has been broken; and then, for a few days, live exclusively on soups, crust of cold bread, hot teas, and fruits.

Let it be kept in remembrance that every mouthful of food, even of the mildest, a man swallows from the instant the cold has been taken, only makes a proportional amount of phlegm to be coughed up. "Feed a cold and starve a fever," is a tremendous lie. Starve them to death, as we would a garrison, by cutting off supplies, and the fortress will be yielded within thirty-six hours, if the process be begun within twelve hours after the cold has been taken. If a chill has been experienced, begin on the instant to stop supplies, and then to cause an artificial drain, by the means already named for inducing free perspiration; in this manner, the very worst colds will be arrested, will be cut short off in four cases out of five. Unfortunately, the first effect of a cold is to increase the appetite, the indulgence of which protracts the cold to days and weeks, with this result, that after the first two or three days, food becomes an aversion, and there is no appetite for weeks together sometimes; better, then, starve willingly for a day or two than be unable to eat any thing for a fortnight, to say nothing of the troublesome coughing and other discomforts during the whole of that time.

CHECKING PERSPIRATION.

A BOSTON merchant, in "lending a hand" on board of one of his ships on a windy day, found himself at the end of an hour and a half pretty well exhausted and perspiring freely. He sat down to rest. The cool wind from the sea was delightful, and engaging in conversation, time passed faster than he was aware of. In attempting to rise, he found he was unable to do so without assistance. He was taken home and put to bed, where he remained two years; and for a long time afterwards, could only hobble about with the aid of a crutch. Less exposures than this have, in constitutions not so vigorous, resulted in inflammation of the lungs, "pneumonia," ending in death in less than a week, or causing tedious rheumatisms, to be a source of torture for a lifetime. Multitudes of lives would be saved every year, and an incalculable amount of human suffering would be prevented, if parents would begin to explain to their children at the age of three or four years, the danger which attends cooling off too quickly after exercise, and the importance of not standing still after exercise, or work, or play, or of remaining exposed to a wind, or of sitting at open window or door, or of pulling off any garment, even the hat or bonnet, while in a heat. It should be remembered by all, that a cold never comes without a cause, and that in four times out of five, it is the result of leaving off exercise too suddenly or of remaining still in the wind, or in a cooler atmosphere than that in which the exercise has been taken.

The colder the weather the more need is there, in coming into the house, to keep on all the clothing, except India-rubber or damp shoes, for several minutes afterwards. Very few rooms are heated higher than sixty-five degrees when the thermometer is within twenty degrees of zero, while the temperature of the body is always at ninety-eight, in health; so that if a man comes into a room which is thirty degrees colder than his body, he will rapidly cool off, too much so often, even if the external clothing is not removed.

It is not necessary that the perspiration be visible; any exercise which excites the circulation beyond what is natural, causes a proportional increase of perspiration, the sudden checking of which induces dangerous diseases and certain death every day.

PHYSICAL CULTURE.

To the Editor of the World:

HALL'S JOURNAL OF HEALTH for May has an article on gymnasiums, closing with the following summary:

"To sedentary persons, violent, sudden, and fitful exercise is always injurious, and such are gymnastic performances.

"The exercise of the student should be regular, gentle, deliberate, always stopping short of felt fatigue.

"One hour's joyous walk with a cheerful friend, in street, or field, or woodland, will never fail to do a greater and more unmixed good, than double the time in the most scientifically conducted gymnasium in the world.

"There are individual cases where the gymnasium is of the most undeniable benefit, but the masses would be the better for having nothing to do with them.

"A million times better recipe than the gymnasium for sedentary persons is:

"Eat moderately and regularly of plain, nourishing food, well prepared. Spend two or three hours every day in the open air, regardless of all weathers, in moderate untiring activities."

Elsewhere the JOURNAL OF HEALTH teaches that "to derive the highest benefit from exercise as a means of health, it should be in the open air, moderate, continuous, and having an object in view, beside that of the mere exercise itself, which shall be agreeable, interesting, and encouragingly remunerative in a pecuniary point of view.

"That, if gymnasiums are founded, they should always be under the immediate direction, control and supervision of those who are thoroughly versed in anatomy and physiology, not merely theoretically but practically."

These positions will scarcely be dissented from by educated physicians, or by any person who has that kind of common-sense which is derived from extended practical observation. Your correspondents, in their strictures on the sentiments of the JOURNAL OF HEALTH, deal somewhat in epithets; that is their taste; it would have answered a better purpose to have employed the same space in explaining how and why muscular exercise is beneficial. The thoughtful reader would then have been able

to form a more correct opinion as to the philosophy and the value of physical culture than from any thing the Editor has yet seen in the newspapers on that subject.

Among the anatomical and physiological facts, received the world over, hence requiring no proof here, are the following:

"No two important organs of the body can be called into energetic action at the same time without injury to both, because one organ in high functional action attracts the nervous and sanguineous fluids from the other organs of the system, and any attempt to change the direction of the current suddenly, is always injurious. Hence the ill results to man and beast of active exercise or working, immediately before or after a meal. For the same reason, violent exercise immediately before or after severe study, or after long rest, is always, and under all circumstances, pernicious to the organ of the brain and to the muscular organs.

"Nourishment, repair, growth, strength, all are derived from the blood. If the flow of blood is cut off from any part of the body, that part begins to die on the instant. A steady natural flow of pure blood to a part keeps it in a living, healthful condition. If the flow is increased, but still steady, there is a proportional increase in the vigor of that part. If the supply of blood is very rapid, the ultimate globules or cells are deposited more rapidly than steady nature can receive them, and they are lost or broken, and are passed out of the system as waste, represented in the destruction of glassware in a burning building, when there are more persons to hand it out than there are to receive it.

"Every one knows that exercise of the body increases the circulation of the blood. The violent exercise in gymnasiums, as almost, if not universally conducted hitherto, produces a violent flow of blood, of nutrient particles to the various muscles which are brought into most active exercise, and being carried thither faster than they can be taken up, unmixed harm is the result. Life-long disablements and even deaths have resulted from gymnastic performances and other violent exercises; as of the little girl, not long ago reported, who died in consequence of her ambition to skip a rope a certain number of times without stopping; of race-horses dying on the track; and minor forms of injuries, down to the feeling of soreness of the

whole body the day after some unusual exercise; and with which almost every one is familiar.

‘Thus it is that the sudden, violent, fitful, exhaustive exercises of ordinary gymnasiums are unwise, hurtful, dangerous. To derive from muscular exertion a high degree of health and manly vigor, it should be moderate, continuous, regular, in the open air, and furthermore, should be pleasantly remunerative beyond the mere benefits of the exercise itself. None of these conditions are fulfilled in gymnasiums as generally conducted hitherto. Physical culture is not objected to, but the manner of it. To exercise wisely, the student and all sedentary persons should begin in moderation, to be gradually increased in its intensity, and as gradually diminished, and in all cases should be left off before any feeling of very great fatigue is experienced, most especial care being taken to cool off very slowly indeed.

“The impression is sought to be made in the *World*, that clergymen, for want of physical culture, are particularly distinguishable by their unhealthful appearance. But it is an undeniable fact that clergymen, as a class, live longer in this country than mechanics or common laborers. Of 120 clergymen who died in the United States in 1855, two thirds had their ages recorded; of these, one half had passed seventy years.

“Of 2500 Presbyterian clergymen who were living in 1858, 31 died within the year following, making their ‘death rate’ twelve and a half, or one-sixth lower than the most favored people known on earth as to health. So that if it be assumed as a fact that clergymen take less muscular exercise than others, the whole argument of your correspondent, in connection with the two items above, is a perfect *non sequitur*. The JOURNAL OF HEALTH does ‘look well after the sanitary interests of the clergy;’ it was for their benefit and that of theological students that it was originated, not as a means of ‘conciliating them,’ but of enabling them to perform more work and for a longer time, because the ‘harvest is great, and the laborers are few.’ They ought to be taken care of; and it is a sufficient reason for that care, that they are men of high acquirements and culture; are the leaders and the workers also, in the most efficient enterprises for the elevation of the human family, and yet as a class, do not receive an annual average compensation for their services, equal to that of a New-York butcher or drayman.”

THE AIM OF LIFE.

THE chief ambition of most young men of intelligence and energy, on entering the great field of the world, is to accumulate money enough to enable them to retire from business, and pass the latter years of life in quiet comfort. On a minute inquiry as to the meaning they attach to that expression, it will be found that it is to have a plenty of every thing, except that of having a plenty to do of what is necessary to be done. They want to be placed in a position which will allow them to do something, any thing, or nothing, according to the inclination of the moment. This is an aim at once narrow-minded, selfish, and dangerous; dangerous to soul, body, and estate; dangerous alike to social position, and to moral character. That very activity, energy, and enterprise which enables a man to "retire on a fortune" at fifty, and be compelled to do comparatively nothing, will as certainly make a wreck of mind and body, as that the fleetest locomotive in the world will be shivered to atoms if it is instantaneously arrested in its progress. But there is this difference between man and machinery: the magnificent engine may be gradually brought to a perfect standstill, and can be put in motion again to accomplish other labors new and grand; not so with the machinery of the mind; in its "connections" with a material body it has acquired a "momentum" in half a century's progress, a habit of action, which can not be arrested, can not be brought to a dead stand, to a position of having nothing to do, and doing nothing, without the wreck of mind or ruin of body, if indeed not both.

The only way in which a man can "retire on a fortune" with safety, with comfort, with happiness and honor, is to lay his plans so that his time shall be fully and compulsorily occupied in advancing the well-being of others, in every way compatible with the safety of his own fortune and health. It may be instructive to know the way to death which many successful business men travel, the steps taken as seen by an observant physician, the little things which lead to grand results, the total subversion of the aims and labors of a lifetime. A man retired on a fortune has nothing to do after he has built his house, laid out his grounds, and arranged his affairs perfectly to his

"own notion," according to his own "ideas of comfort." The mind can no more be arrested in its activities, than can a star in space. He gets tired of sitting about; gets tired of reading; gets tired of riding around his "place;" gets tired of visits and visitors; then the greatest pleasure, the one which can be looked forward to several times every day, is that of eating; it in time becomes, to a certain extent, the only pleasure; it is indulged in; after a while, the surplus not being worked off, the appetite either fails, or discomfort attends its indulgence, and there being nothing to do but for the mind to dwell on these discomforts, they become exaggerated, and nine times out of ten a sip of brandy is resorted to; nine times out of ten it alleviates, and having an alleviant so easily accessible, it is not at all wonderful that it should be frequently resorted to, so frequently indeed that before the man is aware of it, or even his watchful wife, he is a regular drinker, is "uncomfortable" without it; the appetite for it grows apace; he is a confirmed and hopeless drunkard, and "death and hell" his end. That now excellent paper, the Philadelphia *Inquirer*, narrates the following, and can give the names of the parties:

About five years ago an enterprising firm was engaged in a lucrative business on Water street. Its integrity in business was beyond suspicion or cavil. The promptness with which its obligations were met, was the subject of general encomium, and its paper had, in every case, the value of bank-notes or of specie. The firm was composed of two members, both of them wealthy. With time their riches grew apace, and with cash their kindness and integrity increased. The senior partner resided in a magnificent west-end mansion, surrounded by all the luxuries which money could command and taste could ask. The junior partner lived with his family in a rural district upon a small farm. He passed the business hours in his establishment upon Water street, and in the cool of the evening rested in his cottage. His children grew up healthy and contented, and all the fireside virtues gamboled about his feet.

In the lapse of time the firm dissolved. Its purposes had been subserved in the success of its speculations, and the preservation of its integrity, and each partner retired to his home to enjoy the profits of his labor. The west-end millionaire has forfeited the respect and friendship of his ancient partner. We

passed him last evening in a state of bloated intoxication, filthy with exposure and absolute want. The men with whom he once associated would blush to-day to recognize him. His fortune has been squandered in continued excesses, his family is scattered and penniless, and the sole aim of his degraded ambition is to find the wherewithal to purchase drink. The junior partner has not changed in circumstances. The home ties have proved stronger with him than the attractions of vice, and he still lives to demonstrate the advantage of retired virtue and contented competence.

Instead, then, of aiming to pass the latter part of life in dangerous, inglorious ease, let the ambition be to spend it in active benevolences, happifying alike the heart of both giver and receiver, thus leaving a name behind, not written in the sands of selfish indulgence, but engraven in imperishable characters on the grateful memories of man, and in the "Book of Life."

HEALTH OF STUDENTS.

AMHERST COLLEGE, through the agency of gentlemen who have been admirers and readers of the JOURNAL OF HEALTH for some years, has established a Professorship of "Hygiene and Physical Education," and have appointed to the chair, Dr. John W. Hooker, the worthy son of Worthington Hooker, M.D., of New-Haven. Prof. Hooker brings to his aid the learning and the skill acquired from the enjoyment of the highest advantages in Europe and America for perfecting his medical studies and researches ; hence we may confidently look for success in this first official and practical endeavor to make the health of students a matter of systematic attention, an indispensable branch of study in a collegiate course, and as necessary to a diploma as a proficiency in the languages or mathematics. It is now thirty-two years since, in a series of letters, we urged the establishment of a similar chair in a flourishing college, but "the time was not yet." One of the first objects in commencing the publication of this JOURNAL was to place the knowledge of the means of preserving the health within easy reach of all students, especially of theological students, as will be seen

by reading the prospectus in the first number. If therefore any reader has a son ready for college, send him at once to Amherst College, in the Old Bay State, if, while you have an ambition that your child shall become a scholar, you have the wisdom and the humanity to arrange that he shall graduate in robust health and live a life of enjoyment and usefulness instead of passing his weary years in tantalizing inefficiency and wretched invalidism.

HEARTY SUPPERS.

IN this exaggerating age, we think we can safely say, that scarcely a day passes in which we do not receive, personally or by letter, some manifestation of felt indebtedness to the wholesome influence of this JOURNAL; and if the question is asked, In what direction? it is most frequently answered, "In reference to the benefits derived from abstinence, in whole or in part, from eating any thing later than a mid-day dinner." It was with a feeling of painful disappointment, with perhaps some vexation, that we recently read of the death of a brother editor, whose excellent monthly seldom failed of some extract from, or kindly notice of, this JOURNAL. He died in the very prime of life—not thirty-one—in the midst of usefulness, and in the enjoyment of usual good health, until within twenty-four hours of his decease. He was an able preacher, and a fine *belles-lettres* scholar. He was on a journey, on the Master's business, and died from home. He had made up the copy for his September issue. Two of the articles were from our August Number; one a plea for women, the other for children. So many good people loved him and looked up to him! In less than three lines the whole story is told. "He traveled all day, ate in the evening a hearty supper, waked up in the morning with a headache, became unconscious, and died at five o'clock in the afternoon, of apoplectic disease!"

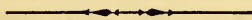
Eating heartily in an exhausted, or even in a greatly debilitated bodily condition, is dangerous at any hour. Many a man has fallen apoplectic, at the close of a hearty dinner; but the danger is greatly increased by going to bed soon after; for the

weight of the meal, a pound or two, rests steadily on the great veins of the body, arrests the flow of the blood, as a continuous pressure of the foot on a hose-pipe will more or less completely stop the flow of water along it. This arrestment causes a damming up of blood in the vessels of the brain, which at length can not longer bear the distension, and burst, causing effusion there, which is instant, sometimes, and certain death always.

There is scarcely a reader, of middle life, who has not more than once been nearer death than he imagined, from this very cause. A man feels in his sleep as if some terrible calamity was impending, some horrible beast is after him, or some fearful flood is about to overwhelm him; but, spite of every effort, he can not remove himself sufficiently fast; the enemy behind is increasing upon him; and at length, in an agony of sweat, he is able by a desperate effort, to set the stream of life in motion by uttering some sound, fearful to be heard, or only saves himself from falling into some fathomless abyss, by a convulsive and desperate effort. In cases where there is no power to cry out, or no effort can be made, the person is overtaken, or falls, and dies! Eating a hearty meal at the close of the day, is like giving a laboring man a full day's work to do, just as night sets in, although he has been toiling all day. The whole body is fatigued when night comes, the stomach takes its due share, and to eat heartily at supper, and then go to bed, is giving all the other portions and functions of the body repose, while the stomach has thrown upon it five hours more of additional labor, after having already worked four or five hours to dispose of breakfast, and a still longer time for dinner. This ten or twelve hours of almost incessant labor has nearly exhausted its power; it can not promptly digest another full meal, but labors at it for long hours together, like an exhausted galley-slave at a newly-imposed task. The result is, that by the unnatural length of time in which the food is kept in the stomach, and the imperfect manner in which the exhausted organ manages it, it becomes more or less acid; this generates wind; this distends the stomach; this presses itself up against the more yielding lungs, confining them to a largely diminished space; hence every breath taken is insufficient for the wants of the system, the blood becomes foul, black, and thick, refuses to flow, and the man dies, or in delirium or fright, leaps from a window or commits

suicide, as did Hugh Miller, and multitudes of others, as to whom the coroner's jury has returned the non-committal verdict, "Died from causes unknown," if not more impiously stating, "Died by the visitation of God."

Let any reader who follows an inactive life for the most part, try the experiment for a week, of eating absolutely nothing after a two o'clock dinner, and see if a sounder sleep and a more vigorous appetite for breakfast and a hearty dinner, are not the pleasurable results, to say nothing of the happy deliverance from that disagreeable fullness, weight, oppression, or acidity, which attends over-eating. The greater renovation and vivacity which a long, delicious, and connected sleep imparts, both to mind and body, will of themselves more than compensate for the certainly short and rather dubious pleasure, of eating a supper with no special relish.



CAUSE OF CONSUMPTION.

NOR by bad colds, nor hereditary predisposition, nor drinking liquor, nor tight lacing—for men do not lace, and yet as many of them die of consumption as women; few habitual drinkers die of that disease; and as for hereditary taint and bad colds, millions of the latter have gotten well of themselves, while the naturally feeble are compelled to an habitual carefulness of themselves, which gives them, in multitudes of cases, an immunity against all disease, except that of old age.

The very essence of consumption is a decline in flesh. Flesh is made of the food we eat; if that food does not give flesh, does not sustain the proper proportion of it, we begin to fade, and fail, and consume away.

But as there is not one in a hundred thousand who has not a plenty of food, and yet one out of every nine in the Union dies of consumption every year, the cause of that malady is not a want of food, although it is a want of flesh; and yet only food can give flesh. It must then be from the fact, that although we have a plenty of food, that food does not give the amount of flesh and strength which it ought to. The process by which food gives flesh is a double one—digestion and assimilation; in

other words, it is the taking of the nourishment from the food, and distributing it to the body at various points.

The human body is much like a clock with its many wheels; if one goes slow the others go slow, and bad time is the result; if one little wheel of the body (one organ or one gland) works imperfectly or slowly, all the others are influenced thereby, and lag also. But what is the wheel which oftenest gets out of gear? It is the liver. What infallible telegraphic signal is always made when the liver is out of order? It is constipation of the bowels. In a natural healthful state of the human body, the bowels act at least once a day; less than that is a certain indication that the liver is halting in its pace, and if the admonition is allowed to remain long unheeded, disease is as inevitable as the falling of a stone when cast from the hand. The moment constipation commences, that moment the blood begins to become impure and poor; loses its life and heat, and the body chills; "the least thing in the world" causes a chill to run along the back, or gives a cold outright; and a cold being so easily contracted, before one is cured another comes on, and that cold is continued, and this is the synonym of consumption! This article might therefore be closed with the important practical inference, that by avoiding or correcting constipation, very many of those diseases might be avoided or cured, which arise from impure blood. But another step may be taken with great advantage. What makes the liver grow slow in its action? what makes it torpid or work weakly?

For the same reason that an over-worked horse, or servant, or man, becomes slower and slower in every motion.

The liver has a certain amount of bile to manufacture every day; this bile is made out of the blood; if that blood be of a good quality every day, the work is regularly performed and well done, for the space of an hundred years! Any mechanic knows that it is a comparatively easy matter to make a good job out of good materials; but to turn out a good day's work from bad materials is a most tiresome, wearing, wasting thing. The blood becomes of a bad material within six hours after a man eats too much; if that excess is committed three times a day, this bad blood becomes a permanent supply in time; the liver for a while does its duty; longer, according to the greater vigor of the constitution; but sooner or later it lags; it is

worked to death. In the mean while, constipation becomes a habit, and the work of death is done. But this curious fact is not unfrequent: when consumption is fastened on the lungs by continued colds, all the disease of the body is in a measure attracted there, the liver resumes its apparent healthy function, and the bowels remain daily acting, until death.

Over-eating, then, three times a day, may be considered as a primary, a radical cause of the great majority of consumptive diseases, and each reader is advised to take the matter in hand as to himself, by

1. Eating moderately every day.
2. By securing a daily action of the bowels.

But if he is so much of a baby—has so little self-denial and manly moral courage, that he "*can't help eating too much!*" then an antagonist of hearty eating is presented. Work steadily in the open air every day, from sunrise until sunset, with dry feet and dry clothing, singing or whistling all the time.

As proof that a free open air exposure is a preventive of consumption, it seems to be conceded that fewer persons die in the South of that disease than in the North, among an equal population; the mildness of the weather, and the leisure habits of the people, invite and allow an out-door life during all the hours of daylight. One person out of every five dies of consumption in New-England; one in thirty-six in Georgia. We have our Abolition friends tremendously on the hip here! Southerners don't die of consumption a quarter as fast as the Yankees, because they have negroes to do their work, while they can ride around and enjoy the fresh air; while Southern negroes seldom die of consumption at all, because they have to work so hard that the impurities of the blood are carried off by the "sweat of the brow," so as to give the liver leisure to do its easy work well, making the bowels act usually twice a day when they work the hardest; at least, this was our observation on the plantation on which we lived when we "fleshed our maiden lance."

Book Notices.

PUBLIC SCHOOL SINGING-BOOK, by Prof. John Bower, teacher of music in the Public Schools of Philadelphia, is another step towards making us a musical people. Music and song purify the heart and the blood also; their culture never fail to elevate, under propitious influences.

REASON AND THE BIBLE. By Miles P. Squier, D.D., Prof. of Intellectual and Moral Philosophy, Beloit College, Wisconsin. Scribner, Publisher, 124 Grand street, New-York, is founded in the thought that "Reason leads to Faith." 340 pp. 12mo, large type, \$1. The reading of this book will sweetly confirm the humble believer, will establish the wavering, and we trust, will convince many a "philosophical" doubter that there is no firmer "foundation" than that laid in the Rock of Calvary. To every doubting, halting man or woman, we heartily say, get it and read it.

THE ATTORNEY. Irving. Dewitt, Publisher, is one of the most intensely interesting narrations we ever found in the pages of the *Knickerbocker*, where it first appeared. The scenes are laid in New-York City. The book is worth a million of the trashy, flash productions of the times, and we trust the enterprising publisher will find his reward in thus wisely drawing from the stronger and purer fountains of the past.

HARRY HARSON, by the same author, and published by the same house, will, we think, be inevitably read by every man who has turned the all-absorbing pages of **THE ATTORNEY**.

THE MOVEMENT CURE.—The most sensible "movement" that has come to our knowledge for a long time. Dr. Taylor has written an interesting and useful book, and extends the application of the views of Dr. Halsey, his predecessor. As we are anxious to benefit our readers whenever it is in our power, we will condense it for those who may not be inclined to pay a dollar for so sensible a book. Our understanding of it is this: If you want to get well, go to work.

BERIAH GREEN'S SERMONS AND DISCOURSES, with Brief Biographical Hints, 12mo, 556 pp. S. W. Green, 18 Jacob street, New-York, Publisher. With a life-like engraving. The Rev. Beriah Green is one of the men of our time; earnest, practical, and persistent, he has, with the advantage of a clear head, a strong mind, and a good heart, done more for true progress than many who have made more noise and gained more of the world's applause.

DAUGHTERS.—Our Kentucky readers—and we have a good many—are notified that the Oxford Female College, an hour's ride by rail from Cincinnati, O., under the presidency of the Rev. Mr. Morris, is in most successful operation. President Morris is himself a Kentuckian in the highest and widest sense; frank, courteous, and hospitable. He possesses one of the finest minds in the West. High culture is united with untiring and indomitable energy. To be under his roof, and under the influences of his lovely and accomplished wife, is a privilege which is to be enjoyed by few, and parents who must send their daughters from home to be educated, will act wisely by securing it at once.

All our publications may be had of Mr. Mowry, at the Post-Office entrance, Philadelphia, and also of John McFarlan, 33 South Sixth street, in same city.

Please read the leader of the present number, on Periodical Literature; meanwhile we claim for the **JOURNAL OF HEALTH**, that it is one of the very few Monthlies, not professedly religious, which has never sought to make capital for itself by ridiculing religion, its ministers or its friends, but has always and decidedly, advocated the Christianity of the Bible, and in these regards merits the patronage it receives. We ask an equally wide one for our other monthly, **THE FIRESIDE**.

HALL'S JOURNAL OF HEALTH.

Our Legitimate Scope is almost boundless: for whatever begets pleasurable and harmless feelings, promotes Health; and whatever induces disagreeable sensations, engenders Disease.

WE AIM TO SHOW HOW DISEASE MAY BE AVOIDED, AND THAT IT IS BEST, WHEN SICKNESS COMES, TO TAKE NO MEDICINE WITHOUT CONSULTING A PHYSICIAN.

Vol. VII.]

DECEMBER, 1860.

[No. 12.]

BABIES.

SOME Rev. Benedictine is ventilating himself through the papers, on the subject of "Baby Talk." He mounts on stilts forty feet high, and then lowers himself by using such strong words as "detestable," "unjust," "ridiculous," "distorted," "mangled," "burlesque," "barbarized," etc. Now, who but a crusty old "bach" could look at a sweet little child, and then go off into such a diarrhea of sweeping adjectives, not one of which can be thought of without feelings akin to those associated with a mouthful of vinegar. He thinks a great wrong is done a little prattler by teaching it to say "Horsey" and "Mudder." And to call a dog "bow-wow," is awful! He is only mad because he couldn't raise a baby himself, and wants to put a "spider in the dumpling" of those who have a house full of the dear, delightful responsibilities. Only hear the man: "This seems ridiculous, but that is not all, it is unjust to teach pronunciations which he must unlearn, as laboriously as they were learned. You thus double the task. The folly and injustice are the same, when you teach a little child to speak a distorted, mangled, burlesque language, of which, when older, it becomes ashamed. I object to this clipped and barbarous English, because it involves a waste of time, and brain power, and patience." Surely this man is snuffing the wind. He must have been in a highly imaginative mood when he wrote those lines, or the east wind was blowing, or he had a fit of dyspepsia. Perhaps he had just received a "mitten." At all events, his mental vision was considerably obfuscated or preternaturally brightened, since

NO. XII.—VOL. VII.—1860.

"Optics sharp, it needs, I ween !
To see what is not to be seen."

We indite this article for the special benefit of Babydom for now and all time, and desire to crush the error in the bud ; and these are the reasons :

It will not be denied that the most natural language in the world, and the most easily learned, is that whose words express the most characteristic quality of the thing named. The rumbling of the thunder, the hissing of a snake, the barking of a dog in the bow-wow, are associated in name and nature. It must be manyfold easier for a child to connect bow-wow with a dog, after the first heard bark, than with the word "dog." It can see the connection in the former case, and the memory is aided by the association ; in fact, it requires but an instinctive effort of the memory ; while to connect "dog," with the noise it makes, requires an abstract effort of the memory, which is burdensome, and in mature life we all avoid it when we can, by thinking of a familiar thing, with a view to its connection with something less familiar, which is desired to be remembered.

The same may be said as to the word mother. It is much easier for the lisping child to say "mudder," for it has not acquired that facility of tongue and lip movement which is necessary to a distinct pronunciation of the dear name. In fact, it is simply an impossibility for a child just learning to talk, to say "mother." A child must toddle before walking ; it must also toddle before talking ; and it requires no more effort to talk better, than to walk better ; both abilities come to them so gradually and so naturally, as the muscles of the parts become more flexible and under control, that in neither case is there a consciousness of effort. A man must learn the pronunciation of a language foreign to his own, whether living or dead, by degrees ; and to require a faultless pronunciation from the first, is an unnecessary infliction—it can not be done. The ear must gradually learn the niceties of pronunciation by frequent hearing, and the lips and tongue must be adjusted accordingly.

Again, all languages have forms of expression which signify endearment or intensification. In the English it seems to be a kind of a rhyme, such as Horsey-porsy, Piggy-wiggy, Georgy-porgy, Lijah-pygy. Besides, a close observer may see that it is

easier to pronounce a word ending with y, than one which has none; just as it is easier to stop by degrees, than short off. It is easier to say Horsey, than a clear short "Horse."

The fact is, a man can't talk dictionary himself, without piling up the dignity; and why should a parent care a fig about dignity, when he is melting away under the softening influences of childhood's sunshine? It's only "stuck-up" people who are everlastingly retreating on their own proprieties. It requires a Pitt to play marbles with his boy; a Napoleon to be on all-fours, with his child astride of his back, to be swept off on the floor by the biped horse running under the tables. They are wise who can be children twice; who can bend at pleasure from age to infancy. There is no incompatibility between firmness and love; between stately dignity and an affectionate heart. A parent's presence should carry with it the gladdening sunshine, and not the chilling iceberg. So, dear reader, if you are so happy as to have children, do not mar it when you are with them, by mounting stilts or talking dictionary; throw off your corsets, make yourself "one of them," and be assured, you and they will be the happier thereby; the Rev. J. T. Benedict D.D., to the contrary notwithstanding.

HAPPY MARRIAGES.

ALL sorts of "old saws" are grunted out as to love and marriage, and how to be happy in domestic life; but very few enter that beatific state, whose first steps were taken in deliberate calculation; still, it would be far better for all concerned, if these first steps had been preceded by a wise deliberation and foresight. In almost all cases, the first "bias" is determined by some physical quality, the face, the foot, the ankle; the twinkle of the eye, the dimple of a cheek, the lisp of the tongue, the port of the head; the length, the richness, the color of a curl, or the general carriage or contour of the body. Mental and high moral qualities command respect; and as to that middle ground between respect and love, that is, admiration, it is excited by the qualities of the heart, such as frankness, no-

bility of nature, and implicit trustfulness. But for the kindling up of real, old-fashioned, flaming, world-defying, heart-breaking love, the physical properties, in too many cases, have the initiating and predominant agency.

Ill-assorted marriages are in a great number of instances the result of parental remissness, in not beginning early enough to instill into the mind of the child such an aversion to certain traits of character, and such a high estimate of certain moral qualities, as a true wisdom would dictate in the premises.

It certainly is not an impossible thing to impress the youthful mind with an unconquerable repugnance against a character the most striking trait of which is a contemptible trickery, an abhorrent profanity, a little-souled meanness, or a degrading animalism. Just as well may the young heart be fortified against loving the miser, the spendthrift and the gamester—against those whose prominent exhibitions demonstrate an irascibility, an all-absorbing selfishness or stony-heartlessness; or a contempt of honest labor, of religion, or of pecuniary obligation. While our children may be early taught an aversion to such traits of character, their admiration may be cultivated for all that is manly and honorable and self-sacrificing; for all that is true and pure and generous; for all who are industrious, diligent, and economical.

It is unwise to hope for domestic happiness in the possession of a single favorable trait of character; it is better to look for a combination, and they are to be most congratulated who can discern and woo and win the possessor of the largest number of good points. First of all, the man whom you love, the woman whom you adore, should possess a high sense of right and wrong; next, bodily health; and, thirdly, moral bravery, a courage to be industrious, economical and self-denying. With these three traits, principle, health, and a soul that can do and dare all that one ought to, domestic felicity will abide. None ought to marry who can not command the means of enabling them to live in comfort according to their station in life, without grinding economies.

It is useless to talk about love in a cottage. The little rascal always runs away when there is no bread and butter on the

table. There is more love in a full flour-barrel than in all the roses and posies and woodbines that ever grew.

No mechanic should marry until he is master of his trade; nor a professional man, until his income is adequate to the style of life which he determines upon; nor the merchant, until his clear annual gains are equal to his domestic expenditures, unless indeed there are, in either case, independent and unconditional sources of income.

No man ought to marry who has to work like a horse from morning until night to supply family necessities, whether it be by brain or body; for if the body is thus made a drudge of, it perpetuates impaired power to the race; while if the brain is overwrought, its effects will be seen in children of feeble intellect, if indeed they be not demented. To calculate, therefore, on a reasonable share of domestic enjoyment, the parties most interested should aim to find in each other as great an amount as may be of high moral principle, of bodily health, and either the actual possession of a suitable maintenance, or an individual ability to secure it without peradventure.

PHYSIOLOGICAL FARMING.

MICHAEL SULLIVANT owns, and has paid for, one hundred thousand acres of land, near Homer, Illinois. He keeps a large amount of money always on hand, to pay his workmen at the end of every week. They take their breakfast at half-past five o'clock every morning, and ride to the place of work. They dine at noon, their dinners being carried to them. They quit work at sundown, and ride home. In this short narration, there is a knowledge of physiology, of body and of mind, which is highly creditable to the Napoleon of farmers. To show the wisdom of the whole arrangement, would require a commentary of many pages. To remark in brief, profitably:

The land having been paid for, saves an immense amount of up-hill, hard, dragging work. To have to pay out any considerable part of farm earnings for eating interest, even at six per cent, and every once in a while, an installment of the purchase-money, instead of being able to expend these in substantial im-

provements, in the purchase of fertilizers and labor-saving machines, such as McCormick's reaper, the grain-sower and the steam plow, make the cultivation of the soil, in innumerable cases, a literal galley-life. By this same course, many an honest, industrious, and ambitious farmer has worked himself to death, before he lived out half his days.

To "farm" pleasantly and successfully, not only must the land be paid for, but a liberal amount of money should be on hand to meet emergencies, and pay the laborers always, promptly, in full, at the hour, and to the last cent, in money. Such a course will always secure the best hands, and at the lowest prices; and more, it keeps the men; thus avoiding unprofitable and troublesome changes; and if unavoidable circumstances compel them to leave, they leave with a kindly feeling, and will not fail to recommend others to fill their places; hence, such a farmer is every where spoken well of, at all times has his pick and choice of hands, and more, he will get more work out of his men; for knowing that their pay is always in full, and at the hour, they have the strongest stimulus to make an effort to retain their places, and to do their work well; and by doing it cheerfully, they perform more work in a given time.

They take their breakfast early in the morning before they go to their work, thus preventing the inevitable exhaustion which results from working several hours on an empty stomach; and besides, largely contributing to the prevention of fever and ague, by fortifying the stomach against the morning miasma, which always abounds in flat and fertile countries, causing innumerable cases of chills, fever, diarrheas and dysenteries.

Another little item merits attention. The workmen are not allowed to waste their early strength by walking a mile or more to their places of labor; means are provided for riding there, so as to enable them to commence the day's work with the full stock of strength secured by the rest of the night. This same husbanding of the energies against useless waste is looked to in having their dinners carried to the workmen; and then, when quite enough wearied by the legitimate labors of the day, they ride home so as to prevent that exhaustion, that over-fatigue, which a walk of a mile or two or three, would otherwise occasion, and which would have to be subtracted from the strength

of the next day. For let all remember, that the overwork of to-day is but a draft on to-morrow, which "must be paid," infallibly, and to the utmost farthing.

It is pitiful to think of unrequited toil; of unavailing labor; of squandered strength; of wasting, wearing care, and of the unsuccessful lives, which every year witnesses, by the unwisdom of men in owning more land than they have paid for, or can thoroughly and easily cultivate.

In any given case, a man who has paid for his ten-acre farm, and always has money enough on hand, without owing a dollar, to pay his workmen, and to take advantage of passing circumstances, will live longer, more happily, more usefully and successfully, than his neighbor, who works harder by many-fold, in cultivating ten times the amount of land, yet unpaid for, who is always "behind hand" with his laborers, and pressed for money.

COLD-WATER BATHING.

A PROFESSIONAL gentleman of high character and great usefulness, writes: "My own experience is somewhat different from your advice on the subject of bathing. I have always found a warm bath debilitating, a cold one invigorating. When the thermometer was below zero, and sleeping in a room without fire, I have often, on rising, broken the ice in a vessel of water, and sponged myself all over before dressing, and I thought with decided benefit; and now, at sixty years of age, a cold shower-bath seems to inspire me with new life. You will think, perhaps, that I have very healthy lungs, and an extra supply of animal heat; on the contrary, I was given up in early life to die of consumption. I have been obliged to be very regular in my habits, and very careful of exposure. Some years ago, one of the most skillful practitioners in the city gave it as his opinion that a portion of one lung was entirely gone." On page 103 of the May JOURNAL a *per contra* case is given, of a cold-water bather who has since died. Single cases should not form rules. We advised bathing once a week in warm

water, with soap and brush, as needful in summer-time for personal cleanliness; in winter, not so often. If such a bath "debilitates," it is most likely owing to its being too long continued. The whole operation might be performed in less than five minutes, and if ended with an instantaneous shower of cold water, such a bath could scarcely fail to invigorate. We do not advise a warm bath oftener than once a week. But we must consult nature and facts. Each man should bathe in a manner which, from observation and personal experiment, does him most good. In matters of health and disease, each must be his own rule. Immense mischief is daily done by ignoring this principle, which is at once the dictate of a sound philosophy and of common-sense.

Let not the reader run away with the impression that cold-water bathing cured this case of consumption, and that by its invigorating effects he is enabled to live in good health; for this restoration from an admitted consumptive condition, was owing to the fact that the course of the malady was changed, and its nature modified by an asthmatic turn of the disease, as for "twenty years and more, I was greatly afflicted with asthma." It is a settled fact in medicine, one of frequent record and of constant occurrence, that a consumptive who becomes an asthmatic, will with great certainty get well of his consumption, asthma being essentially and under all circumstances antagonistic of consumption. In consumption, a man can not get in enough air; in asthma, he can not get it out. In asthma, the lungs are too full of air; in consumption, not full enough. Being so full, distended by the confined air, that distension after a while becomes permanent, the asthma declines, leaving the lungs with a larger capability of receiving air than is natural; hence, although the lungs may have partly decayed away, those which remain, having greater capabilities, a man may have good health, who had actually lost a part of his lungs by consumption. It is precisely on these principles that we have treated consumptive cases, and with occasional success, for nearly twenty years; not generally succeeding, in consequence of the want of the moral courage of persistence on the part of the patient.

RESULT OF A KIND ACTION.

IN September, eighteen hundred and five, a poor young mechanic, just arrived from England, was wandering about New-York in deep dejection ; he was without money, without friends, and without work ; and far from his native home, he knew not which way to turn, but passing along Nassau street, an open door encouraged him to enter. The proprietor was a very little man indeed, perhaps five feet high, but he had a pleasant countenance and a large heart ; for upon being asked by the homeless and penniless stranger if he could direct him to some respectable person who could board him until he could find employment, and thus obtain the means of payment, the storekeeper, pleased with the expression and demeanor of the eighteen-year-old boy, had it in his heart to offer him the desired favor himself ; but he had a wife, whom he knew to be a woman of rare worth, for she was prudent, self-denying, and humane. He might have known what would be her answer, for he had only to make the proposition in a way to indicate his own views, and it would have met with an instantaneous and cheerful acquiescence, unless from some almost insuperable reason. The young stranger was admitted into the family. But the yellow fever was raging in the city. In less than a week the poor lad was stricken with it, and — recovered ! although he was at the point of death for several days. During his illness, he was cared for by his kind host and hostess, with an assiduity and watchfulness which only they know who act from sterling principle and a high humanity. Just a quarter of a century later, this same man was applied to by Major Noah, of pleasant memories, who was then surveyor of the port of New-York, to put together a machine in the Custom-House, and take models of its various parts. This was done, and the mechanic conceived the idea of constructing a similar article, which should excel any thing of the kind for efficiency in the Old World or the New, and he succeeded. He died in eighteen hundred and thirty-three. His son succeeded him in business, and inheriting the inventive genius of his father, combined with rare business tact and indomitable energy, he has added improvement to im-

provement, until he has made the whole civilized world his debtor. There is not one of all its millions of families which does not every day derive great benefit therefrom. It carries light to every household ; hour by hour is lifting the degraded and the fallen, and is aiding in the revolutionizing of all nations which exist by oppression, wrong-doing, and injustice. But that machine, what is it ? Fifty years ago one might have been purchased entire for a hundred or two dollars ; a common dry-goods box might have easily contained all its parts ; but now, in its perfected state, it occupies a space of fifteen feet high and forty feet long ; it is made of fourteen thousand seven hundred and thirty parts, weighs fifty thousand pounds, and costs thirty thousand dollars. One of its belongings, not named above, is thirty thousand and sixty-three yards of tape. The penniless English lad was Robert Hoe. The Good Samaritans of Fulton street were Grant Thorburn and his wife, the latter an angel now ; the former "still living" in an honored old age, by seven years over four score. The machine is Hoe's ten-cylinder printing-press, as now in operation in the office of the *New-York World*, and the largest ever made.

The first and only newspaper of our childhood was printed on a press which, with the aid of three men, turned out forty or fifty impressions in an hour. When on the twenty-ninth day of November, eighteen hundred and fourteen, the *London Times* announced that it was printed by a machine which made eleven hundred impressions in an hour, the whole city was astonished, and the pressmen themselves looked on in mute wonder and admiration ; but to-day, through the agencies of Robert Hoe, the English lad of eighteen hundred and five, of the kindly Grant Thorburn and his wife, and Richard M. Hoe of New-York, there are made at the office of the *World*, in Printing-House Square, twenty-five thousand impressions in sixty minutes. Who can disclaim indebtedness to these four names ? The merchant who sips his coffee at breakfast, and reads the latest news up to two or three o'clock in the morning, perhaps forgets to whom he is indebted for that pleasure ; and so with the day-laborer, who finds time to glean from his paper, at a cost of one cent, what is going on throughout the habitable globe, ere he sallies forth to his daily toil. Rich and poor, learned

and unlearned, all should remember with respect and gratitude the heads and the hearts to which every day makes them renewed debtors, to wit, to Robert Hoe and his son Richard M., to Grant Thorburn and his noble wife.

Reader, remember that kind acts pay; the influence of each for good drifts over the sea of time, and will drift till time shall be no more. Go forthwith, then, "while the day lasts," and perform as many as you can.

A BOOK NOT FOR SALE.

WE have just published a new book, of 300 pages, twelvevmo, entitled, SLEEP. The preface reads thus:

"It is the end and aim of this book to show that as a means of high health, pure blood and a strong mind to old and young, sick or well, each one should have a single bed, in a large, clean, light room, so as to pass all the hours of sleep in a pure fresh air, and that those who fail in this, will in the end fail in health and strength of limb and brain, and will die while yet their days are not all told."

The first chapter is on "Sleeping with the Old," and begins as follows:

"On a beautiful September morning, in the year eighteen hundred and fifty-nine, a note was found on the author's table, in a handwriting which was immediately recognized as that of a wife and mother of high culture, in behalf of a young sister, whom she had hoped would have grown up as healthful, as beautiful, and as accomplished as herself; but the lovely blossom seemed to be fading in its unfolding, and the communication was a history of the case intended to give the physician an idea of its nature and its needs."

Next follows one of the sweetest descriptions of a human cherub and its fading, failing, falling into the cold, dark grave so soon! The idea of the book is that, as we spend a clean third of our existence in our chambers, it is absolutely essential to sound health and vigor of constitution, that a pure air be breathed all that time. The sources of impurity are enumerated. The effects of breathing these impurities are described in all degrees, from the slow poisoning of months and weary

years, without the victims being conscious of the fact or the cause, to the instantaneous death. The methods of preventing these impurities are clearly described, with the great wrong done to ourselves, and the inhumanity to our children, by their neglect. It is argued that the young should not sleep with the old, the well with the sick, the strong with the feeble, as pernicious results follow to one party, without any possible good to the other. Ill effects follow from children sleeping with one another, bad habits are formed, with the horrible results of their indulgence; the impositions practiced on the suffering by unprincipled individuals and societies with benevolent names; the only safe and efficient hygienical means are pointed out, and which should be under parental application, the intervention of third parties being unnecessary. In describing the manner in which chambers may be supplied with a pure air, the subject of building, warming, and ventilating houses is discussed, and the latest plans described. Striking authenticated facts are presented, which show how bodily emanations speedily corrupt the air of a whole room, and how they may destroy fifty or a hundred lives in a few hours. The remedy proposed is large rooms and separate beds for all. The book contains information which ought to be possessed by every family, by every parent who has a child yet to reach twenty-one years of age, and by every human being who sleeps within any four walls. Supposing that about a third of our subscribers might want such a book, we have printed an edition of that proportion; it will be furnished in the order of application; the dilatory will have to go without one. As a means of making a small edition save us from actual loss, the following offer is made to those who desire to possess it. Three dollars will pay for the book and two subscriptions to the JOURNAL OF HEALTH for one year; or for the book and the JOURNAL OF HEALTH with the FIRESIDE MONTHLY for one year, the latter being separately \$1.50 a year. The object of this offer is to induce our subscribers to add to our subscription-list, by using their influence in inducing some friend to take our MONTHLY; and for the time and trouble expended in using such influence, they will be paid by getting a book which, singly, money will not at present buy. Any one sending three subscriptions to the JOURNAL OF HEALTH, or two to the FIRESIDE, will be entitled to the book for their trouble.

PRINTERS' DISEASES.

MANY printers are in the habit of holding types between their teeth. When the types are damp, and especially when they are new, a substance is upon their surface which, when applied to the lips, causes troublesome fissures, which sometimes end in incurable cancers, which eat life away by piecemeals in the slow process of weary months.

This same substance sometimes finds its way to the inner side of the lips by means of the tongue and the saliva, causing troublesome tumors, which inflame, ulcerate, and rapidly assume the form of torturing cancer. The only remedy is prevention, by keeping the type out of the mouth. The most common of all diseases among printers are those of the air-passages, of which bronchitis is the most frequent. Next to that, inflammation of the lungs and consumption, in consequence of the bent position of their bodies, which prevents full, deep breathing, when the lungs from inaction become debilitated, and unable to resist impressions from cold, to which printers are so liable, in consequence of their rooms being kept very warm, and their inattention to proper rules when they leave them. Being so much in the composing-room they become forgetful of the cold without, and at the close of the day, in that tired, weary condition that follows a ten hours' labor, they come out on the street, stand around the office-doors talking with one another and looking around, and before they are aware of it, they are often chilled through, and thus, through mere inattention, the foundation is laid for the fatal ailments enumerated. Nearly one fourth of printers die of consumptive forms of disease. Hernia is common, especially among pressmen. Dimness of sight, short-sightedness and weakness of eyes, are very common, in consequence of the constant strain on that organ, and its exposure to artificial light. Fissures and hard lumps often form on the forefinger and thumb of the right hand from handling damp type. But the great disease which sweeps so many of them into a premature grave is consumption, but which would not occur with a tithe of the frequency if the following few precautions were habitually taken :

First, regularity in eating and in bodily habits. Second, put on all the extra clothing before going into the street, avoid stopping an instant, but move on at a brisk pace with the mouth closed, so that instead of a dash of cold air going in upon the lungs at each breath to chill them, it may be first warmed, by being compelled to pass around through the nostrils.

INFANTS EATING AND SLEEPING.

IN our new book on SLEEP, as to the importance of sleeping soundly and in a pure atmosphere, the following suggestions are for the abatement of the nuisance of crying and colicky babies, for how can a poor fellow, who has been working hard all day in brain or body, get any kind of rest, repose, and recuperation, when there is a little responsibility a yawping and a squirming around, as if a young boa-constrictor were experimenting on every bone of its body! We would just like to know how it is possible to get even a scintillation of a doze, under the very afflicting and inflicting circumstances of the case. Now for the remedy, at least in part.

An infant should not be allowed to sleep for several hours previous to its bed-time, which should be about one hour after sun-down, when it should be fed and put to sleep. When the mother retires, it should be fed again; then if the crib be on the same level with the bed, and close to it with the side let down, the mother can place the child in it without straining herself. At the end of several hours, hunger will wake it up, when it can be nursed, replaced in its crib and sleep soundly until the morning, if it has not been allowed to sleep too long or too late in the afternoon, and thus afford the wearied mother a delicious night's rest, to arise in the morning with a renovated system, refreshed, thankful, and hopeful, and ready to enter on the duties of the day with a light and cheerful heart. On the other hand, in consequence of bad management and a want of system as to the times of eating and sleeping for the nursling, and by keeping it in the same bed with her, it becomes restless, it wakes up a dozen times perhaps in a night, and each time, by some noise or motion rouses the mother,

with the result of depriving her of that rest and repose which she so much requires, and the morning finds the body still weary, the mind discouraged and depressed, totally unfitted for the proper discharge of household duties, as is too plainly indicated by the expression of listlessness and sadness which pervades the features. Indeed, a mother can better afford to eat too little than to sleep too little, but by arranging to have the regularities named carried out for several nights in succession, there will be a happy change in all respects. When a child is six months old, it can safely fast five or six hours if asleep, and, as before, if fed a little before sun down, it should be put to bed a little later, and not be allowed to take any thing more until the mother retires for the night, which may be about ten o'clock, and if nursed then, it need not be repeated until the morning, thus allowing the mother to have her "first" sleep uninterrupted, a consummation so earnestly desired by many an overtaxed wife, but which she is unable to arrange for want of a little thought, firmness and management. The reader is earnestly requested to make particular note of it, that the seeds of a lifetime suffering, if not an early death, are sown in the constitutions of children by their own mothers during the nursing period. Millions of children die before they are two years old, by a wrong system of feeding, originating in the ignorance of the parents. The instinct and the highest pleasure of the new-born child is to eat, it is the balm for all its cries, it hushes every complaint. The young mother soon finds this out, and putting it to the breast is the panacea for infant fretfulness. But it soon happens that the stomach is overtaxed. A second feeding occurs before the first has been disposed of; the stomach is thus kept working all the time, and soon has not the strength to work any longer, and the food being unacted upon, begins to ferment, turns sour, generates wind, and this is the "colic" of infancy. Colic gives pain, pain excites crying, to quiet which, food is given, or "soothing" syrups are administered, with the inevitable result, in all cases, of exaggerating the trouble sooner or later; and in countless instances, there is a speedy and entire breaking down of the system, and death ends the outrage, as to the child, but in the mean while, by reason of the child's sufferings, many a night has been passed in sleeplessness by both parents.

END OF HABITUAL DRINKERS.

DR. HALL'S new book on SLEEP states, in connection with the uneasy slumbers attendant on late dinners and hearty suppers, and the plea of "assisting digestion" with wine, brandies, or other beverages, that:

"No case is remembered, in the practice of a quarter of a century, where malt liquors, wines, brandies, or any alcoholic drinks whatever, have ever had a permanent good effect in improving the digestion. Apparent advantages sometimes result, but they are transient or deceptive. If there is no appetite, it is because nature has provided no gastric juice; and that is the product of nature, not of alcohol. If there is appetite, but no digestive power, liquor no more supplies that power than would the lash give strength to an exhausted donkey. If torture does arouse the sinking beast, it is only that it shall fall a little later into a still greater exhaustion from which there is no recovery; so with the use of liquor and tobacco as whetters of the appetite, when, at length, the desire for the accustomed stimulus ceases, and the man "sickens;" there is no longer a relish for the dram and the chew, and life fades apace, either in a stupor from which there is no awaking, or by wasting and uncontrollable diarrhea.

BOUND VOLUMES.

THE JOURNAL OF HEALTH for eighteen hundred and sixty, is already bound uniformly with the previous volumes, with a copious index and title-page. We will exchange it at our office for the loose numbers, and twenty-five cents in addition to pay for the binding. Missing numbers will be supplied at eight cents each.

The old numbers of the JOURNAL, previous to eighteen hundred and sixty, will be received at our office until February next, at five cents each, for new subscriptions on any of our publications. We can print them for two cents each, but the offer is made to encourage our subscribers to have the JOURNAL OF HEALTH in the more substantial form of a bound volume, for the character of the articles is such, that they will be almost if not quite, as practical and useful in nineteen hundred as they are now.

RESTLESS WANDERERS.

WE are moved to pity many times in meeting with a class of men who are seeking for, they know not what. They see evil in the world and sorrow; they see oppression and degradation, and while observing them, feel the more, in that they have experiences in the same directions; tearful, bitter, almost heart-breaking experiences, it may be, and in blindness and powerlessness they are groping about wearily and painfully for a remedy.

In all these, not a single man or woman is found who does not begin by attacking the present system of received religion. Most of them persuade themselves that they believe the Bible, and readily refer to it as confirmatory of their peculiar systems, but in every case, they will only consent that the holy book shall be interpreted according to some preconceived views of their own. They are quite willing to make the Bible their arbiter, the tribunal of last resort, but then they insist that they must have the interpretation of its meaning. Yet with all this, they are dissatisfied and unhappy; there is a feeling of unrest which is devouring them, and they will talk *ad infinitum* to everybody, inferring from admissions of the occasional good sentiments which they avow, a more or less implied assent to their whole system, and drawing some comfort therefrom, they arrive at the conclusion that the whole world is rapidly falling into their views; and soon fanaticism assumes its sway, to hurry them to still greater extremes, until they are dashed on the rocks of suicide, of lunacy, or of perdition.

All these people look sad; they are extremely excitable; they fire up on the instant; and in all, we never fail to see a degree of bitterness towards opponents, and especially is a bitterness exhibited towards ministers, and churches, and communities, in proportion as these appear thriving, prosperous, and happy. Nor is this all; the rich are their universal anvil; on it they pound most mercilessly. With them, the selfishness of the rich is an exhaustless theme; or, if they ever come to a conclusion, it is this, that if these same rich people would commit the distribution of their property to them, the millenium would come in a very few days; and while handling the money which they never had the capacity to earn or keep, they would be the happiest people on the face of the earth, and would thence assume that everybody else was prosperous and happy too; just as a short time before, they had concluded that everybody was poor, and wretched, and miserable, because they were so themselves.

We earnestly counsel any chance reader of this article who has no heart-warming and cheerful religious faith of his own, to disabuse himself of the notion that the whole world is going wrong, by simply taking a general, generous, and liberal view of any evangelical denomination of Christians, and note for himself, in conversation with any considerable number of them, if there is not a most implicit faith in the great general doctrines of religion, of repentance, faith, and a new life; of the forgiveness of sins, of spiritual holification, of a Saviour born, and of final restoration to the bosom of the great Father of us all. They feel no more doubt of these things, than they do of the shining of the sun on a cloudless day; and more, they are humble in that belief as to themselves, and merciful and loving and forbearing as to others who are out of their faith, in that they spend their time and their money cheerfully, gladly, if by any means they can bring others to the knowledge of the great salvation; and withal, they are happy in their faith, happy in their hope, happy in their labors, and happy in their liberalities. Restless wanderers! if you will not believe this, "COME AND SEE."

PIANO FORTES.

THERE is a time-honored and mammoth building cornering on Fourteenth street and Third avenue, which has met the familiar gaze of such of our citizens as have been accustomed to pass that way, for perhaps a greater part of the present half century. This building stretching its immense length along two streets, is devoted exclusively to the manufacture of the Worcester Piano, which has a name for durability of structure and sweetness of tone which ought, if it has not, to have made the fortune of any man of moderate ambitions. But it is not as easy now as formerly, to make a fortune by strictly honest dealing; if done at all, it is only until a man has become decrepid and gray, and almost ready to take his departure on the returnless journey; one of the reasons of this is found in an article in the July number, headed "unskilled labor."

Another, at least temporary drawback, as to a speedy fortune by strict business integrity, is the want of means on the part of the many, to secure the best materials for their particular handicrafts. Sometimes on account of a want of foresight or thrift, or a still more unpardonable want of knowledge, materials are needed for the construction of a superior article, which no money can purchase, and time only can procure the needed supply.

Too many of our mechanical men live from hand to mouth, and the material purchased yesterday, must be used to-day; in proof, look at any floor in any brown stone or marbled front, in the whole city of New York, constructed within the last five years, and it will be scarcely possible to find a well-fitting door, an easy moving drawer or window sash, while the joints in the floors will measure from a quarter to half an inch or more. This is so undeniable, that builders find it the shortest cut to say, that it is owing to furnace heat; and yet, Forty-two Irving Place, which has a furnace only for appearances, can show floors on either story half an inch apart at the ends of the boards, and at the sides in proportion.

When, however, there is a business integrity, and abundant means to employ the best materials in fabrics of any description, two results always show themselves, a good name and an ultimate prosperity; hence the reputation and success of the establishment in question, whose instruments stand the test of all weathers, from Canada to Cuba, and from the borders of the Atlantic to the shores of the Pacific Sea.

To make this practically useful to all young mechanics, the secret should be communicated, and it consists in three things:

1. A faithful apprenticeship to a good master.
2. A timely supply of the very best materials;
3. Making them up without haste, and with the utmost carefulness.

In the case above, the wood of important parts is obtained years beforehand; it undergoes a most minute examination as to its soundness, passing through a long seasoning, according to the varying thickness and hardness of the particular wood, and if at the end of this tedious process, the material remains sound and hard, without a blemish, it is used, and not otherwise. It is thus by making each particular instrument as if for his own personal use, almost living in the same building with the workmen, passing through every room at any hour of the day, making the employés feel as if they were watched every moment; it is by these means, we repeat, that the Piano Fortes of this house have acquired a reputation at home and abroad, which requires an almost daily shipment to other countries as well as to the various parts of our own.

To every young mechanic we therefore say, the path of a certain and honorable success for you is,

1. Be thorough masters of your calling; and,
2. Give honest material and honest work to every article which leaves your establishment.

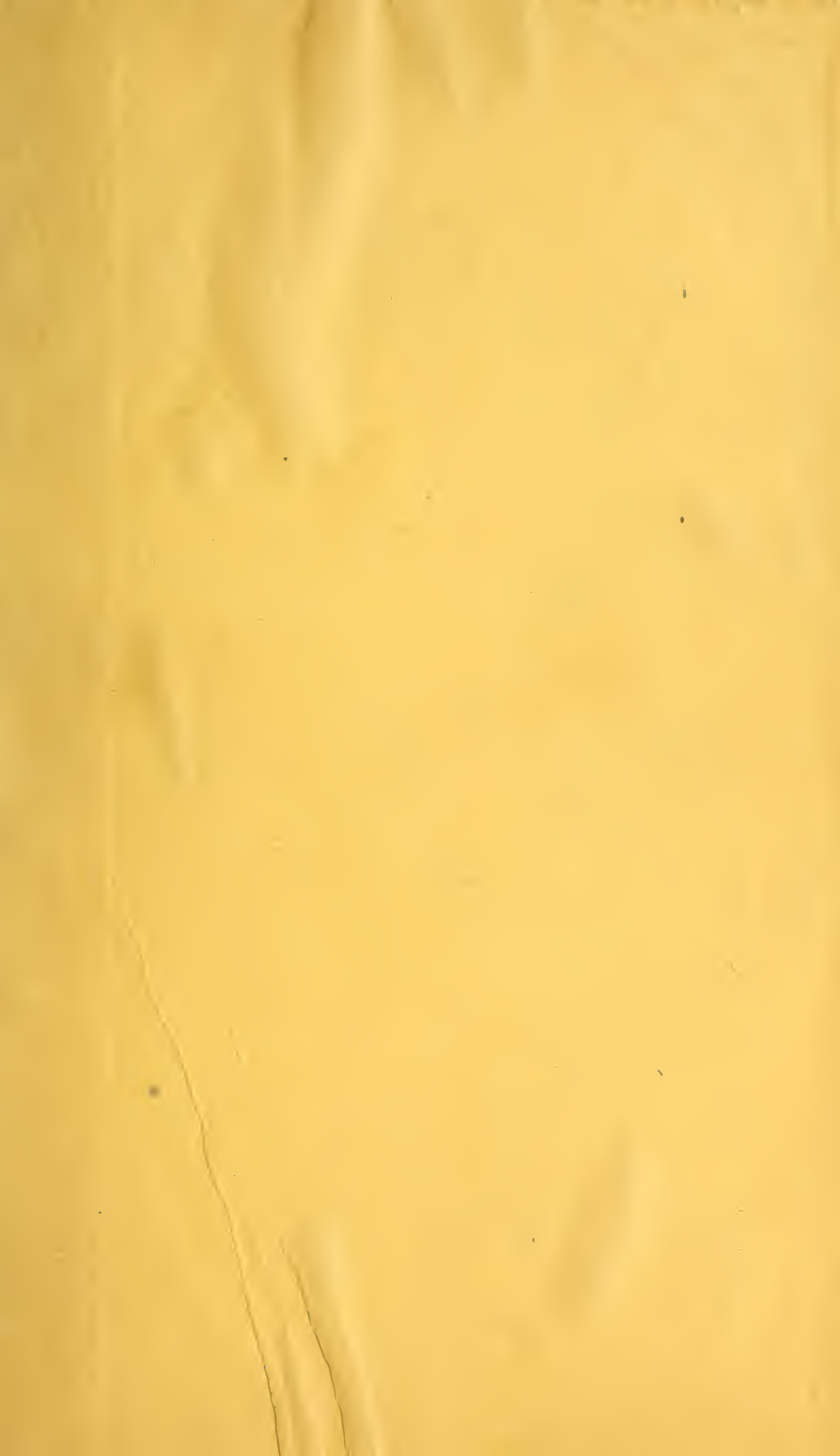
THE YOUNG AND POOR.

To be young is glorious; to be poor and young, with a will to excel, is one of the greatest blessings which can befall a youth, as it is a certain curse, and a deep one, to be young and rich, and have no ambition but to lounge about, with the only aim of whiling away the time until the death of parents puts them in possession of inherited treasures. There are three books which merit a place in every public library, and which would be of inestimable value to any family of children, and to any youth who has the courage and energy to achieve a name or a position: *Smiles' Self-Help*, 75 cents; *Life of George Stephenson*, \$1; *Brief Biographies*, \$1.25. They show, by simple facts, in plain and vigorous language, what a multitude of men were as boys, poor, without influence, and in cases not a few, without friends who had the ability to give them the slightest aid. Let every parent who is anxious that his child should live to purpose, and who would place before him the high stimulus of honorable example to that same end, give that child these three books, opportunely published, in inviting style, by the Messrs. Ticknor & Fields. They can be had at any first-class book-store.

MATCHES.

THE fumes arising from Lucifer matches, says Dr. Hall's new book on SLEEP and the ventilation of chambers, are so destructive to the girls employed in the factories, that some of the European governments have taken measures to suppress them. Horrible ulcers form in the flesh, and fasten on the jaw-bone, eating it away by slow degrees. A single box of common matches will scent a room for several days; and children have been poisoned by eating them, as they have a sweetish taste. It is, therefore, a matter of public gratulation that a patent has been obtained for making strela matches—a Russian term for "lightning." They are without sulphur and without smell; are beautifully varnished, and are warranted to stand both damp and hot climates. A box of sulphur-matches contains eighty, and retails at one cent; a box of strela matches contains one hundred and fifty, at two cents. By the ten-gross case, they are wholesaled at one dollar and sixty cents per gross of one hundred and forty-four boxes. They light instantly and easily.





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